INGREDIENTS FOR THE GOOD LIFE

EatingWell®

OCTOBER 2021

GUAVA PASTRIES FROM MIAMI

BARBECUE CAULIFLOWER BITES FROM HARLEM

MUSTARD-GREEN KIMCHI FROM L.A.

A FEW GOOD REASONS WHY...

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padma lakshmi

SCAN HERE TO SEE OUR GUEST EDITOR & COVER STAR COME TO LIFE

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FEATURES

tostones stuffed with beef picadillo
page 64

58

Greetings from Little Havana

If you want to explore Cuban culture and food in the U.S., there's no better place than Miami. So when Padma Lakshmi went there to film *Taste the Nation*, we decided to tag along.

By Carlos Frías
Recipes by Ana Sofía Peláez

68

Plant Empowered

Eight chefs discuss the deep roots that veganism has in Black culture as well as in their own lives, plus share some amazing recipes including walnut tacos and barbecue cauliflower bites.

By Rachel Stearns

78

Dishing Up Mango House

How one Colorado doctor's mission to serve resettled refugees spawned an international food hall where you'll find everything from Burmese ono kao sweh to Ethiopian lamb tibs on offer.

By JJ Goode

86

Rooted in Heritage

As a Korean adoptee who grew up with white parents, Kristyn Leach didn't have a link to the food of her ancestors. So she created it through farming.

By MacKenzie Chung Fegan
Recipes by Dennis Lee, Mina Park & Kwang Uh

COVER PHOTO: JAMES MACARI; STYLING: JUDY KIM (FOOD), RACHEL WIRKUS (WARDROBE), BOB SCOTT (MAKEUP), JEANIE SYFU (HAIR); PRODUCER: CREATIVE JENIUS STUDIOS. **THIS PAGE:** PENNY DE LOS SANTOS

DEPARTMENTS

4 **Editor's Letter**

6 **Chatter**

102 **Recipe Index**

11
Good Life
Our guest editor, Padma Lakshmi, shares her New York City travel picks and must-have cooking items *(pp.12 & 20)*. Plus, surprising breast cancer myths and truths *(p.24)* and the best blood-sugar-friendly carbs *(p.18)*.

29
Dinner Tonight
As always, our week-night M.O. is make it fast *and* make it flavor-ful—like Orange-Ginger Chicken Bowls *(p.30)*, White Bean & Sun-Dried Tomato Gnocchi *(p.38)* and Salmon with Smoky Mayo & Quinoa Pilaf *(p.46)*. (Check and check.)

51
Good Food Fast
We taste-tested more than 50(!) different jarred pasta sauces. See which won out on flavor and nutrition *(p.52)*. And if you're looking for fresh school-snack ideas or spins on the good old PB&J, we've got 'em—starting on page 53.

97
Well Seasoned
Special section alert! Our Test Kitchen delves into all-things-spices—how to use and store them, essential tools, their health benefits and more.

104
Food with Purpose
Heron Farm aims to restore Charleston, South Carolina's ailing salt marshes—and the animal habitat they provide—by growing and replanting humble sea beans.

BEETS IN THE ISSUE:
pages 33 76.

BRITTANY CONERLY

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Guest Editor Padma Lakshmi and Editor-in-Chief Jessie Price share a meal in NYC s Chinatown.

American Food Today

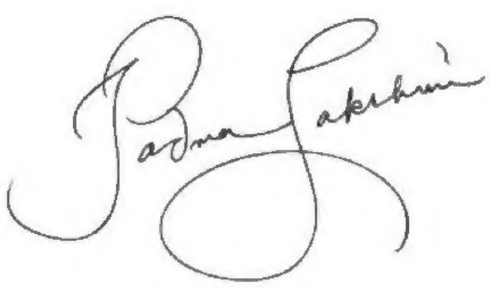
Tell me what you eat, and I will tell you who you are," the saying goes. We Americans are so many things at once. You see it in our food—dishes like bulgogi tacos, Thai larb burgers and Texas brisket ramen that reflect the tastes of generations of native peoples and those from around the world who've settled here and commingled.

While our nation is vast and diverse, growing up I didn't see folks who looked like me—Indian-born and raised in New York City—in food magazines and TV shows. That's in part why, for the last 20 years, I've chosen to ponder that uniquely American culinary magic that happens with the amalgamation of communities through my books, as the host of *Top Chef*, and recently with my Hulu show *Taste the Nation*. That's also why it was a great fit for me to collaborate with *EatingWell* as a guest editor on this issue focused on what American food is all about today.

The cover was shot in Chinatown, blocks from my home in New York City. For years I've loved to scour the markets in this thriving neighborhood for Asian vegetables, noodles and condiments. We selected Chinatown because it's one of the OGs of ethnic enclaves, a neighborhood that has preserved its food traditions, while second, third and fourth generations have continued to reinvent them. The different incarnations of Chinese flavors—the upstart and the old guard—coexist and create something uniquely American.

Food offers us a chance to examine who we really are as a nation, as well as celebrate our unique foodways. And the features and recipes we chose for this issue reflect that. We see how culture, politics and cuisine have been influenced by waves of immigration from Cuba to Miami in "Greetings from Little Havana" *(page 58)* in which we go behind the scenes of an upcoming episode of *Taste the Nation*. And in "Plant Empowered" *(page 68)*, eight chefs talk about the reasons why Black Americans are more than twice as likely to follow a vegan diet than the overall population.

For as long as I can remember, I've wanted to edit a magazine, even back in the early days of my career when I wrote a syndicated column for *The New York Times* and for *Harper's Bazaar*. Magazines offer us a chance to quickly, pleasurably, absorb our culture—to understand what's in the zeitgeist, especially in food. I loved working with Jessie Price and the whole *EatingWell* team. Getting to sit in on editorial meetings, going back and forth on recipes and hashing out what we felt you would enjoy most was such a treat. If you're like me, endlessly curious about American food, you're going to love this issue. Enjoy!



Padma Lakshmi

What does Padma eat in a day? Scan with your phone s camera to find out!

JAMES MACARI; ON JESSIE: TOP: OTHER STORIES; NECKLACE: JENNY BIRD; JEANS: MOTHER JEANS; SHOES: MADEWELL

LET PEOPLE VOTE

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Padma's Playlist

"I love to listen to funk, R&B—anything with a good beat that keeps the energy up," she says. "Music, like cooking, is very nostalgic. Some of these songs take me back to my mom's kitchen in New York City in the '70s."

That Lady
The Isley Brothers

You Dropped a Bomb on Me
The Gap Band

Let It Whip
Dazz Band

Got to Be Real
Cheryl Lynn

It s a Shame
The Spinners

Tell Me Something Good
Rufus & Chaka Khan

Back to Life
Soul II Soul

Summer Breeze
The Isley Brothers

Atomic Dog
George Clinton

Ain t Nobody
Chaka Khan

Outstanding
The Gap Band

Dazz (Dazz Disco Mix)
Brick

The Rain
Missy Elliott

Brown Sugar
D Angelo

Golden
Jill Scott

On & On
Erykah Badu

Scan with your phone's camera to listen to Padma's full playlist on Spotify.

WHAT'S TRENDING ON

EatingWell.com

1 Smashed Vegetable Sides Potatoes may be the OG smashed veg, but there's more: From Smashed Butternut Squash with Harissa & Goat Cheese *(shown)* to recipes with carrots, beets and even cauliflower. *EatingWell.com/smashedvegetablesides*

2 Speedy Soups Got half an hour and a few ingredients? Our low-prep soup recipes will help get dinner on the table before you can say mirepoix. *EatingWell.com/speedysoups*

3 Pumpkin Bread and Muffins A seasonal treat that's not too sweet! Try Chocolate Pumpkin Swirl Bread or Orange-Date Pumpkin Muffins. *EatingWell.com/pumpkinbread*

THE EATINGWELL GOOD-LIFE GURUS

For some folks, Halloween is more than just a holiday—it's a state of mind. These three Instagrammers celebrate all things spooky all year long.

@helenagarciafp
A self-proclaimed "kitchen witch," Helena Garcia found fame on *The Great British Baking Show*, wowing judges with Halloween-inspired desserts. Her 'gram is filled with kooky creations from her three books, like bread toads and spider-web buns, as well as curated clothing and accessories she sells so fans can tap into their witchy side too. We'll take our next PSL in a cauldron mug, please!

@margovonspooky
This gal exudes cool-ghoul chic, with her creepy costumes, all-black aesthetic and cat-eye sunglasses. She concocts freaky food items to share with friends, like monster strawberry cupcakes and skeleton cookies. ("Everything tastes better when it's Halloween themed," she says.) Did we mention she has a pet Dalmatian named Casper? Or that she picnics in cemeteries? *Bone* appétit.

@practicalpeculiarities
When October rolls around, many 'grammers start posting adorable marshmallow-treat ghosts and mummy hot dogs, but the creations of Nikk Alcaraz lean more toward dark and gory. Think pies with eyes, beetle brownies and a healthy dose of food-grade fake blood. For the faint of heart, there are whimsical treats like ghost toast and magical movie-inspired orange-ginger swirl cookies.

ILLUSTRATION BY COLLEEN O'HARA; RECIPE PHOTO BY JASON DONNELLY

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good life

fresh ideas for every day

A Food-Lover's Guide to New York City

Visiting the Big Apple? Our guest editor, Padma Lakshmi, gives you the scoop on her favorite food destinations, whether you're after fine French cuisine or a food-truck dosa.

PENNY DE LOS SANTOS

1

LA MERCERIE *(shown)*
One of my favorite places to eat in NYC this wonderful and unpretentious French restaurant is a great place for meetings dates or a celebration with friends. The burger alone is to die for. They have a large shop with home furnishings like couches linens and pottery that s perfect for browsing in case you ve arrived early for your table. *53 Howard St. lamerceriecafe.com*

Scan with your phone s camera for a chance to win a trip to New York City! *(Details on page 102.)*

2 NY DOSAS *(above)*
This is a cart located on the south side of Washington Square Park. They sell a typical South Indian lunch Monday through Saturday—perfect for a quick vegetarian or vegan meal of crispy dosas in the park. There's always a line two blocks long—but don't worry, it moves fast. I love the owner, "Dosa Man" Thiru Kumar, so much, I featured him on my show *Taste the Nation. Washington Square Park, south side; nydosas.com*

3 KITCHEN ARTS & LETTERS
New York is rich with gorgeous little independent bookstores, but this is the best place for cookbooks and other food-related books (you can even find some autographed copies). I can spend hours in their small shop without ever getting bored. If you can't get to NYC, you can order online—or call or email—and they'll ship right to your door. *1435 Lexington Ave.; kitchenartsandletters.com*

4 ESSEX MARKET
This neighborhood institution moved to a new space two years ago, and it's a serious upgrade! There are all kinds of food stalls, from bakeries to charcuterie to Latin vegetable markets and even a small Japanese grocer. It's my one-stop food hall for fish, meat and bread. Remember to bring a cart or backpack—I've never walked out of here without a load of goodies. *88 Essex St.; essexmarket.nyc*

5 LOS TACOS NO. 1
In the Chelsea market, this is what I make a beeline for first. There is no better place for a quick stand-up taco with all the fixings. Their adobada and nopal (cactus) tacos are excellent. *75 Ninth Ave.; lostacos1.com*

6 INDOCHINE
I had my 40th birthday party here and still go at least a few times a month. Some of my favorite dishes at this French Vietnamese restaurant are Fried Spring Rolls and Amok Cambodgien. The menu includes many lighter options too. It's also great for people-watching, and the waitstaff is some of the most fashionable I've ever seen. *430 Lafayette St.; indochinenyc.com*

7 GLOBAL TABLE
I have found so many curious items to decorate my table with at this shop. They have great plates, place mats and all kinds of giftable items. It's located in the heart of SoHo, so give yourself a bit of time to stroll around the neighborhood. *107 Sullivan St.; globaltable.com*

8 UNION SQUARE GREENMARKET
Four mornings a week—Monday, Wednesday, Friday and Saturday—this is the place to be for everything from potted herbs and plants to vegetables and microgreens. I personally like Martin's Pretzels and the jam sellers Berkshire Berries and Beth's Farm Kitchen. *North & west sides of Union Square Park; grownyc.org*

9 MURRAY S CHEESE
This downtown cheese mecca is a wonderful place to discover all the varieties you never knew you needed. It's a great place to make a killer gift basket for a loved one (you can even build your own on their website). *254 Bleecker St.; murrayscheese.com*

10 KALUSTYAN S
If I could pick only one store in the world to shop for spices and condiments, this would be it. I have been coming here since I was 4 years old. If you're going for the first time, give yourself a couple of hours to peruse the aisles in peace. *123 Lexington Ave.; kalustyans.com*

ANDREW SCRIVANI

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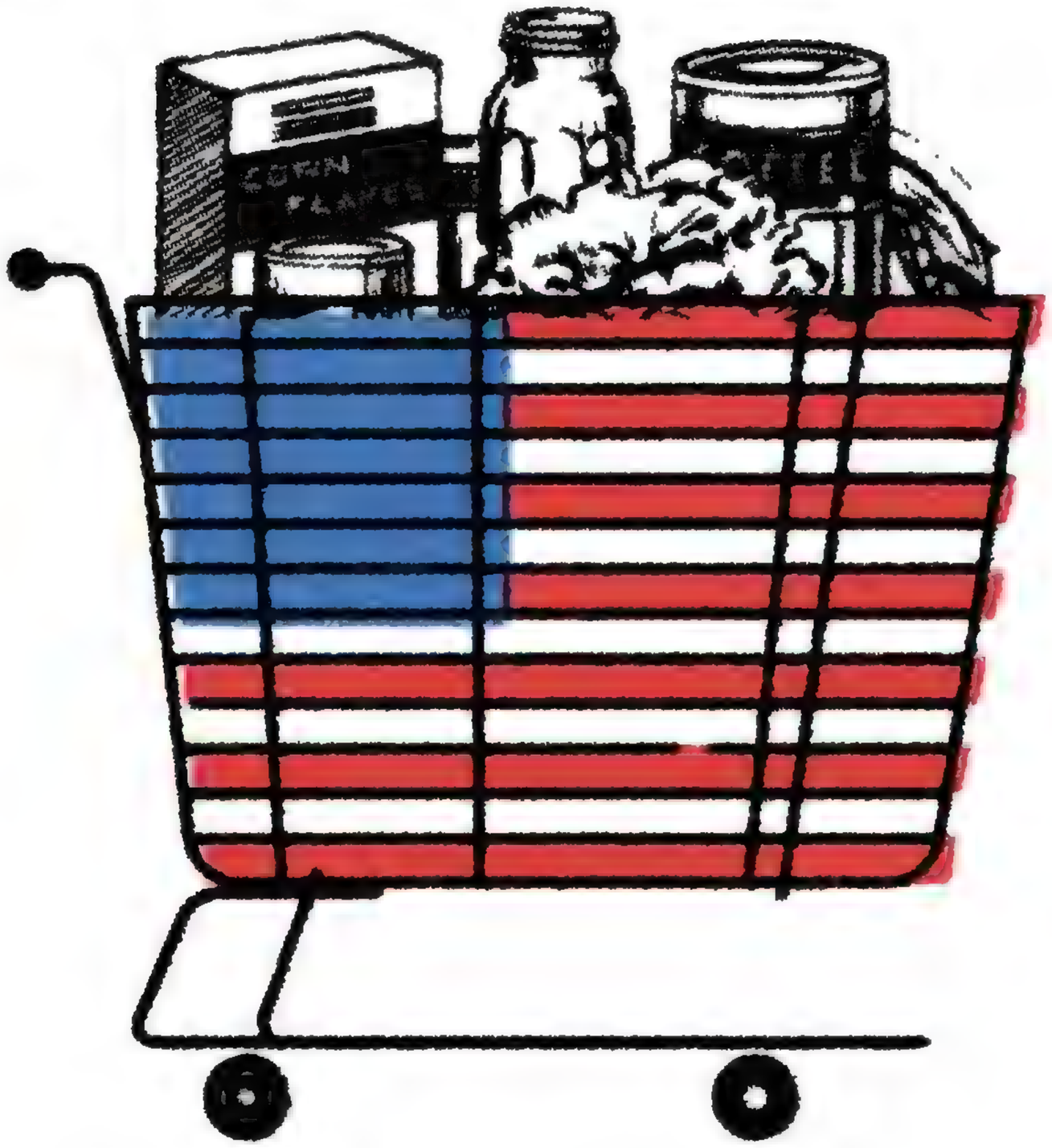

The Politics of Your Plate

When nutrition advocates and policymakers have a question about food, they ask *EatingWell* advisor Marion Nestle, Ph.D., MPH, a professor emerita of nutrition, food studies and public health at New York University. She literally wrote the book on *Food Politics*—and maintains a popular blog of the same name—and continues to be a thought leader on what Americans eat, and why. Here, Nestle lays out 3 game-changing policies she believes could transform the nation's food—and health—for the better. By Marion Nestle, Ph.D., MPH

The coronavirus pandemic exposed policy gaps in our food system—particularly when it comes to food insecurity, the health consequences of excessive weight gain and the environmental effects of how we produce and consume food. But it also made formerly unthinkable programs, like universal free school meals, suddenly seem sensible. While these fixes would be expensive and may not be politically feasible, the results would definitely be worth it.

Shore up SNAP, permanently. The USDA's Supplemental Nutrition Assistance Program is the government's biggest and best anti-hunger effort, long recognized as the cornerstone of the nutrition safety net for low-income Americans. In 2020, SNAP helped more than 41 million Americans buy food. Despite the program's much-criticized barriers to access (like complicated forms and absurdly low income restrictions) and limited benefits, SNAP demonstrably succeeds in reducing food insecurity and bringing families out of poverty. Knowing this, the Biden administration increased SNAP benefits by 15% through September of this year, and pledged an additional $1 billion per month to raise benefit levels for the poorest recipients. This quickly reduced rates of hunger by 8% from March to April. The quickest way to build on this progress is to increase SNAP eligibility and benefit levels and make these increases permanent. No question, such investments would pay off in improved public health.

Reduce consumption of ultra-processed foods. About 74% of American adults are considered to have overweight or obesity, putting them at a higher risk for chronic health conditions, such as cardiovascular disease and type 2 diabetes. This is often a result of eating too much food, particularly ultra-processed "junk" food that is industrially produced and highly caloric. A 2021 systematic review on ultra-processed diets and health status published in the *British Journal of Nutrition* concluded that consuming high amounts of these foods was associated not just with overweight and poor health, but also with an increased risk of death from any cause. These foods are formulated to be irresistible, and societal cues like marketing, large portions and low costs also entice people to overeat them. Policies to counter this could include taxes, marketing restrictions, warning labels and bans on sales to schools, as well as educational campaigns. These have proven effective in other countries—we should try them too.

Refocus agricultural policies on public and environmental health. Current ag policies do not support healthful diets. Fruits and vegetables—or "specialty crops" as they are designated by the USDA—take a back seat to commodities like corn and soybeans, which are primarily grown to feed animals and fuel automobiles. Industrial ag takes an environmental toll, too, in terms of soil loss, water pollution and greenhouse gas emissions. Food production, processing and transportation account for one-third of global greenhouse gas emissions, according to a 2021 United Nations report. We and our planet would be healthier if ag policies made it easier for us to eat less meat and more plants farmed through methods that regenerate soil and sequester carbon. While the USDA does support programs aimed at healthier diets, it's with token funding—millions, not billions. I'd like the USDA to redirect the billions it spends beefing up commodities to instead promote smaller-scale regenerative farming practices that would benefit the health of people and the planet.

ILLUSTRATION BY HEADS OF STATE

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Skin-Care Star: Oats

By Christina Vercelletto

Many ingredients in beauty products are mysterious (bakuchiol, anyone?), but seeing oatmeal on a label has a comforting familiarity. And it delivers much more than a comforting vibe to your skin-care routine. Oats contain phenolic compounds that have anti-inflammatory and antioxidant properties—helping to moisturize and soothe dry, itchy skin and even alleviate conditions such as eczema and psoriasis. And new research shows that oats' prebiotic qualities are good for your skin (as well as your gut), even when applied topically—strengthening skin barriers to improve hydration. (And yes, this is among over-the-counter products, not just those you might get from your derm.) "Oats' antioxidants also bu er against free radicals—little skin destroyers that come from the sun, pollution, even stress—binding to them so they don't have a chance to bind to your skin," explains skin-care expert and medical aesthetician Cassandra Bankson. Here, some of our favorite oat-fortified finds.

GREEN PICK

Milk Makeup Vegan Milk Moisturizer
The vitamin-rich mix of gentle plant-based milks—oat milk key among them—makes this fragrance- and paraben-free everyday moisturizer a gem for sensitive skin. *($38 Sephora.com)*

Carmex Comfort Care Lip Balm with Colloidal Oatmeal
Colloidal oatmeal (oat grain ground super fine) and cold-pressed cranberry seed oil soften and heal chapped lips. *($2.79/2-pack Target.com)*

IT Cosmetics Confidence in a Cleanser
The hydrating colloidal oatmeal in this creamy facial cleanser joins forces with ceramides and hyaluronic acid to guard against moisture loss and aging. It leaves skin feeling fresh and soft, not tight. *($29 Sephora.com)*

Pixi Milky Tonic
Toners are designed to refresh skin and infuse it with moisture—and this one is a favorite. Loaded with oat extract, as well as other soothing botanicals like jojoba seed oil and camellia leaf extract, it acts as a quenching, soothing pick-me-up for any time of the day. *($15 Target.com)*

100% Pure Matcha Oat Milk Nourishing Mask
Colloidal oatmeal and coconut milk merge with skin-plumping hyaluronic acid and organic green tea (which has powerful irritation-quelling antioxidant powers of its own) in this mix-it-yourself mask. *($36 100percentpure.com)*

Philip B. Nordic Wood Hair + Body Shampoo
This two-in-one winner washes body and scalp with an energizing blend of extracts from oats, aloe, balsam fir and white pine—and will make your shower smell like a Norwegian spa. *($45 Philipb.com)*

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The Good Carbs

This macronutrient has gotten a bad rap as a blood-sugar saboteur that can make it harder to manage diabetes and maintain a healthy weight. But you don't have to (and shouldn't!) ditch carbs altogether. It's about getting them from the right places—like the 5 blood-sugar-friendly foods here. By Karen Ansel, M.S., RDN

Carbs are controversial. And here's why: After you eat them, your body breaks them down into glucose, which enters the bloodstream to provide energy to your muscles, tissues and organs. That's a good thing—glucose is your body's primary fuel source! But too much glucose in the bloodstream, too often, can lead to weight gain, insulin resistance and type 2 diabetes, along with a slew of other health conditions. Skip carbs, though, and you miss out on the fiber and other nutrients that come along with healthy foods like whole grains, beans, dairy, fruits and vegetables. (Do we need to tell you it *is* a smart idea to limit the kind from highly processed foods such as white bread, chips and cookies? Didn't think so.) Foods with high-quality carbs—including the ones here—give you the best of both worlds: good nutrition without the blood sugar roller coaster.

Barley. This often-overlooked whole grain contains beta-glucan fiber, a secret weapon in the battle against high blood sugar (oats are another great source). During digestion, beta-glucan forms a thick, viscous slurry that slows digestion, says Nicholas Bordenave, Ph.D., an assistant professor of food biochemistry at the University of Ottawa in Ontario, Canada. As a result, glucose is released gradually, preventing a big spike in blood glucose levels. Go with whole-grain barley when possible, since it's less refined and thus is digested even more slowly than the pearled kind.

Plain, unsweetened yogurt. Research shows that low-fat dairy—and yogurt in particular—may protect against type 2 diabetes. According to a 2019 meta-analysis of 12 studies published in *Advances in Nutrition*, eating 2 to 7 ounces of yogurt a day reduced the odds of developing the disease by 14 to 26%. Experts aren't sure if the lowered risk is because yogurt eaters tend to have healthier diets overall, or whether the probiotics it contains guard against weight gain that can lead to type 2 diabetes. Either way, a daily serving of unsweetened, plain yogurt couldn't hurt.

Berries. Fruit gets called out for its sugar content, but those natural sugars come wrapped up in a healthful package of fiber and antioxidants—like anthocyanins. "These plant substances help the body use insulin more efficiently and also slow the rate at which we absorb glucose from food," says Mary Ann Lila, Ph.D., a professor of food and nutrition sciences at North Carolina State University's Plants for Human Health Institute in Kannapolis. Dark red and blue berries are rich in anthocyanins, plus they are higher in fiber than other fruits, making them a great choice for healthy blood sugar.

Lentils. Along with fiber and protein, lentils contain a unique carbohydrate called resistant starch (black and pinto beans are also great sources). Because this type of starch is hard to break down, it is not absorbed, explains Alison Duncan, Ph.D., RD, a professor in the department of health and nutritional services at the University of Guelph in Ontario, Canada: "When resistant starch reaches the colon, bacteria there feed on it and produce compounds called short-chain fatty acids." These compounds are health superstars—improving insulin sensitivity, reducing inflammation and boosting immunity. So load up on those lentils.

Pumpkin. When you're keeping an eye on carbs, it's easy to assume starchy veggies—like winter squash—are off the menu. Not true. The American Diabetes Association recommends filling ¼ of your plate with high-quality complex carbs like these (the remainder should be ¼ lean protein and ½ nonstarchy veg). What makes pumpkin a good pick? It has fewer carbs than other starchy vegetables, plus it's packed with vitamin A and antioxidants. A half-cup of pureed pumpkin contains only 10 grams of carbohydrates (half as much as sweet potatoes) plus 3½ grams of glucose-leveling fiber. Got leftover canned pumpkin? Check out page 55 for creative ways to use up every last bit of that nutritious goodness.

Scan with your phone s camera for a meal plan to help control blood sugar.

OLGA GUCHEK/GETTY IMAGES

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SWEET POTATO WAFFLES WITH HEALTHY VEGGIE SCRAMBLE* *by Le Egwuatu*

**Find the recipe for Healthy Veggie Scramble @FitFoodLe on Instagram.*

INGREDIENTS:

- 1 cup old fashioned oats
- 1 cup shredded, raw sweet potato
- 1 Eggland's Best egg, large
- 1 cup non-dairy milk
- ¼ tsp salt
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp cinnamon
- 1 tsp vanilla
- 2 tbsp brown sugar or sweetener or choice

RECIPE:

1. In your high powered blender or food processor, combine all ingredients.
2. Blend well until super smooth; run your device on high for at least 1 full minute to grind up all the oats!
3. Follow the instructions per your waffle maker; they usually take about 3-4 minutes to cook through.
4. Add your favorite waffle toppings and enjoy!

Delicious Eggland's Best eggs provide superior taste and nutrition, including 10 times the vitamin E and 25% less saturated fat than ordinary eggs!

EgglandsBest.com

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Padma's Essentials

Our guest editor shares 7 things she can't live without—from an ingredient that makes dishes sing and a swanky candle to a pot destined to become a family heirloom.

Long-handled wooden tasting spoons

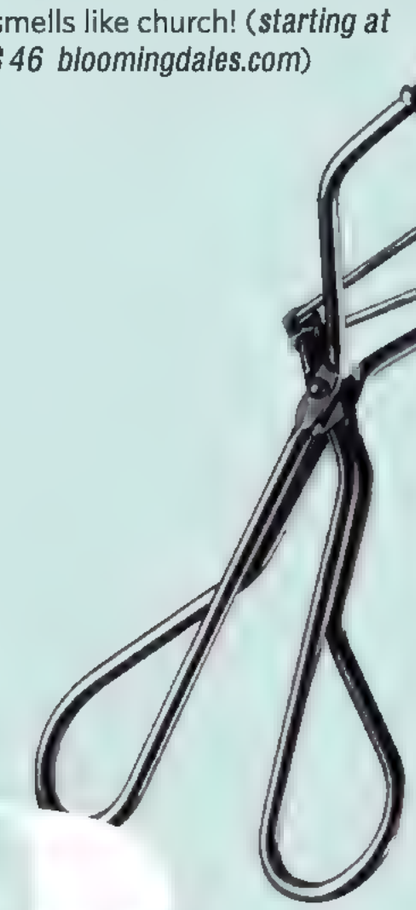
I use these constantly in my kitchen. The longer handles make them more convenient for dipping into bubbling pots when you're in the middle of cooking, and the wood means not too much clanging in the sink afterward. I buy mine from SOS Chefs in New York City, but another nice option is the Bambu Bamboo Tasting Spoon, which is stain-resistant and antimicrobial. (*$5 bambuhome.com*)

Cire Trudon candles

These are a luxury and pricy, but burning them a little bit goes a long way. They are perfect when just opening the windows won't take away cooking smells—and they make an excellent host gift. Cire Trudon is the oldest candle-maker in the world; it's said they used to make candles for France's Louis XIV. My favorite scents are Ernesto (which has notes of leather and tobacco) and Manon (fresh laundry). If you're feeling religious, they even have one that smells like church! (*starting at $46 bloomingdales.com*)

Le Creuset Dutch oven

Made from cast iron, it weighs a ton, but you get the best stews, roasts and even fried chicken from cooking in it. It retains heat like no other pot I've ever used, and it lasts forever! I've had my yellow one for over 20 years, and I plan on passing it on to my daughter in 20 years. (*$160-$445 depending on size williams-sonoma.com*)



Shiseido eyelash curler

My eyelashes grow downward and just applying this curler to them makes all the difference, even when I don't really have time for makeup. I prefer this brand for my particular eye shape since it's not as curved as some others. I always keep an extra one in a drawer because I can't stand the thought of losing it! (*$22 sephora.com*)

Laxmi tamarind paste

This jar is one you want in your fridge for Asian and South and Central American cooking (it lasts for months if you don't put a wet spoon in it). Its sweet, fruity tang adds distinct flavor to sauces—try adding some to homemade BBQ sauce—and dishes that will have you licking your fingers clean. (*$11 amazon.com*)

Meat: Everything You Need to Know by Pat LaFrieda

I grew up vegetarian, so I never learned how to prepare meat. I've been cooking it for many years now, but I'm still happy to have this handy book near me in the kitchen when cooking a roast or any big meat dish to make sure I'm doing everything correctly. When I first got it, I read it cover to cover—and I have gone back to it so many times. It's a great reference guide that takes the anxiety out of meat cookery. (*$40 kitchenartsandletters.com*)

Rachael Ray Nutrish dog treats

Our rescue dog, Divina, loves these treats. They come in a bunch of varieties, but she likes the roasted chicken and beef burger bites. (*$3 and up chewy.com*)

Scan with your phone s camera to shop these & more of Padma s picks.

8:24 am — Uneasy
11:37 am — Overwhelmed
2:10 pm — Relieved
4:42 pm — Balanced
6:56 pm — Joyful

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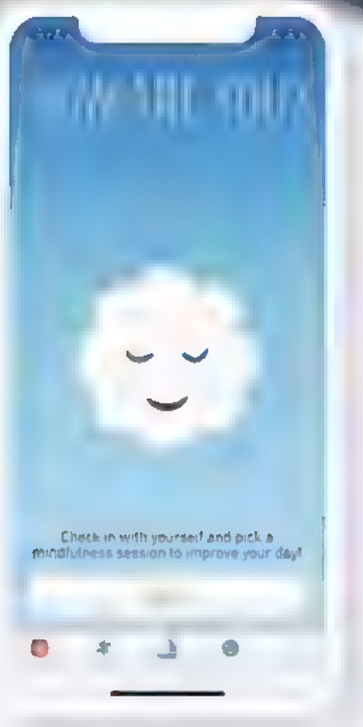

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Trick or Treatment?

There are lots of therapeutic options for pets outside the scope of traditional medicine. Here are a few to consider. By Rachel Stearns

Alternative treatments like acupuncture and herbal supplements have become increasingly popular among Americans—and what people try, their pets soon try too. (Ben & Jerry's makes ice cream for dogs ... just saying.) Though Fido might not get what you do out of your Vinyasa flow, there are numerous types of complementary therapies for ailments like chronic pain, lameness and digestive problems. Ideally, these treatments are used in addition to—not instead of—conventional medicine, says Brennen McKenzie, V.M.D., author of the book *Placebos for Pets? The Truth About Alternative Medicine in Animals.* Here are a few that are becoming more readily available for pets.

ACUPUNCTURE

What is it? This traditional Chinese medicine technique involves inserting thin needles into the body at specific points to help relieve pain. It is said to stimulate the flow of chi, or energy, through the body. (Western medicine interprets the needles as stimulating the body's nervous system, to provide pain relief and encourage healing.)
Does it work? Narda Robinson, D.V.M., founder and CEO of CuraCore Vet, an evidence-based teaching program of veterinary integrative medicine, considers acupuncture "the most strongly supported discipline" of complementary medicine—for people *and* pets—citing an extensive body of research. A 2017 study, for example, found that acupuncture helped reduce pain in dogs with neurological and musculoskeletal diseases. McKenzie says he hasn't seen compelling results from acupuncture, but adds that, "If a pet is already receiving appropriate medical treatments and still has some discomfort, you could talk to your vet about trying it as an additional therapy."

REHABILITATION

What is it? Like physical therapy for humans, rehab aims to reduce pain and increase mobility. It can include massage, hydrotherapy, ultrasound or laser therapy. It's often used to help a pet gain strength after an operation or eliminate the need for surgery.
Does it work? These techniques, first used on horses with sports injuries, are accepted by the veterinary medicine community for use on house pets as well. Leilani Alvarez, D.V.M., head of integrative and rehabilitative medicine at the Animal Medical Center in New York City, uses rehab regularly on pets with ailments ranging from shoulder and knee injuries to cancer and even Lyme disease. "Rehabilitation is helpful even when surgery is planned in the future," she says. "Benefits include improved blood flow, strength and balance, reduced pain and improved energy and mobility."

SUPPLEMENTS

What are they? Supplements encompass everything from glucosamine and probiotics to CBD and anti-inflammatory turmeric pills. The American Kennel Club estimates that one-third of U.S. dogs take them.
Do they work? Research on pet supplements is relatively limited, and many studies are small-scale or funded by companies with a vested interest. Two with the best evidence so far: A 2012 independent study found a slight benefit using fish oil as a pain reliever for dogs, and a 2018 study showed that CBD may ease osteoarthritis pain. Research on probiotics has shown almost no effect on gastrointestinal disease, but more research is needed. As always, talk to your vet before trying a new product. And avoid sharing! Supplements sold for humans may contain ingredients dangerous to pets.

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Truth Meter: Breast Cancer Edition

EatingWell busts the myths about what really impacts your odds of the disease, which is the second most common cancer (after skin cancers) among American women.
By Jill Waldbieser

TRUE

Eating lots of fruits and veggies lowers your risk. While pink has traditionally been the color associated with breast cancer awareness, when it comes to prevention, you should focus on eating the rainbow. A study of more than 182,000 women age 27 to 59 found that those who consumed more than 5½ servings a day of fruits and vegetables had a significantly lower risk of breast cancer over the 30 years of follow-up compared to those who ate 2½ servings or less daily. The link was especially strong for those noshing cruciferous vegetables (such as broccoli, cauliflower and cabbage) and orange and yellow produce (winter squash, melons and carrots). Both groups contain compounds—notably isothiocyanates in cruciferous veggies and indoles and carotenoids in orange/yellow produce—that are known to inhibit the growth of cancerous cells, even among high-risk individuals.

SOURCE: INT J CANCER. 2019 APR 1 144(7): 1496–1510

MOSTLY TRUE

Active women are less likely to get breast cancer. Regular, moderate exercise—the equivalent of around 3 hours of brisk walking a week—has been associated with a roughly 20% reduction in the risk of developing breast cancer. That includes women with a genetic or family history of the disease. Physical activity helps reduce inflammation, improves immune function and regulates hormones like insulin and estrogen, all factors that may stymie breast cancer growth. However, there's conflicting data about whether postmenopausal women get the most robust benefit or if younger women are more protected. Researchers also aren't sure exactly what type of exercise is best for breast cancer prevention.

SOURCES: CANCER RES. 2020 JAN 1 80(1):116-125
VALUE HEALTH. 2019 JAN 22(1):104-128

NOT SO MUCH

Low-fat diets stave off the disease. There has been a lot of controversy over the role of dietary fat in cancer prevention, and overall health, for that matter. The old thinking was that eating a high-fat diet raised the risk of breast cancer—a belief that may have been spurred by observations of reduced breast cancer incidence in countries that favor low-fat diets, without accounting for other differences in eating habits and lifestyle, such as obesity rates. In reality, no large-scale studies have shown that to be the case. More importantly, when it comes to breast cancer, the *type* of fat you eat is what appears to matter most. While trans and saturated fats have largely been associated with an increased risk, healthy kinds including poly- and monounsaturated fats and particularly omega-3 fatty acids, have been shown to be protective. A 2018 study found that following a Mediterranean diet (a key feature of which are the healthy fats found in olive oil and fatty fish) lowers the likelihood of breast cancer by up to 18%.

SOURCES NUTRIENTS 2018 MAR 10(3): 326
CRIT REV FOOD SCI NUTR 2017 MAR 57(10). 1999 2008

FALSE

Soy ups your breast cancer risk. Soy's reputation as one of the original health foods was tainted when preliminary studies in rats linked it to higher rates of breast cancer. Researchers believed the results were due to isoflavones, compounds in soy that mimic the effects of estrogen. But this association has not proven true in human studies—in fact, newer research suggests that traditional soy foods like soy, tempeh, edamame and soymilk actually provide anti-cancer benefits. A 2020 meta-analysis found that for every 10 milligrams of soy isoflavones women ate each day, breast cancer risk dropped by 3%. (For reference, a 3-ounce serving of tofu contains about 20 mg of isoflavones.) So there's no reason to fear soy foods!

SOURCE: EUR J EPIDEMIOL. 2020 JUN 35(6):567-578

ILIJIA PERKOVIC/GETTY IMAGES

Child's Play

4 legit workouts that will make you feel like a kid again.

By Cindy Kuzma

Padma Says:

"I grew up roller-skating all over NYC—it gave me a sense of fun and freedom. It's a great workout that also teaches you balance and rhythm."

Your backyard trampoline

Jump into a rebounding class. Virtual and video on-demand classes offered by Bellicon, trampoLEAN and Carve It Fitness and Wellness use mini trampolines as a versatile tool—besides jumping on top, some workouts also incorporate resistance bands and medicine balls or planks and crunches on the springy, unstable surface for a total-body strength *and* cardio workout. Research shows that trampoline workouts are as effective as running at burning body fat. For a higher-flying option, trampoline parks like Urban Air (locations nationwide) offer fitness classes.

Conquering the monkey bars

Swinging from ring to ring, leaping across barriers, scaling walls—sounds like a jungle gym, right? Actually, it's an obstacle course class offered by *American Ninja Warrior*-inspired facilities like Wake Forest Ninja Academy in North Carolina, and The Warrior Factory (which has multiple New York state locations). Workouts teach ninja newbies basic balance and body awareness skills in sessions that strengthen nearly every muscle in your body—and demand mental sharpness to plot your next move. Another way to hone your scrambling skills: join an indoor rock-climbing gym.

The playground swings

Capture the same sensation of sailing through the air with aerial silks, an exhilarating workout on Padma's "must-try" list. No longer just a Cirque du Soleil spectacle, aerial silks classes are popping up all over the country at boutique gyms like AIR (with locations in eight cities and counting) or Unnata Yoga, offered at gyms and studios nationwide. You'll perform acrobat-inspired moves with the aid of either two flowing pieces of fabric or a soft fabric hammock hanging from the ceiling, which adds a gentle rocking motion to every move you do. It's somehow exhilarating and peaceful at the same time. You can also buy your own at-home hammock rig from AntiGravity Fitness ($299, *antigravityfitness.com*).

Pick-up soccer

Scout out an adult rec league in your area. Most will place you on a team based on your age and ability, and even if you sign up solo, you'll get a chance to bond with new friends and get an awesome workout—along with some friendly competition. There are also soccer-inspired fitness studios, like Sphere, in Houston. Class offerings include a 45-minute nonstop free-play session that tests your agility and stamina as you go for the goal.

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DINNER TONIGHT

18 EASY HEALTHY RECIPES

Sticky Fingers

Orange-Ginger Chicken Bowls, next page

Photography by Jacob Fox

Styling by Kelsey Bulat & Sue Mitchell

Orange-Ginger Chicken Bowls

ACTIVE: 30 min **TOTAL:** 40 min

The cornstarch coating the chicken here serves many purposes: It locks moisture into the meat creates a crispy coating and gives something for the sauce to cling to. Serve these bowls with a glass of chilled white wine such as the B. Lovely gewürztraminer Washington ($13). Its touch of sweetness and hint of lychee pair well with the sticky orange sauce. (Photo: page 29.)

- **1 pound boneless, skinless chicken thighs, trimmed and cut into bite-size pieces**
- **3 tablespoons reduced-sodium tamari *or* soy sauce, divided**
- **Zest and juice of 1 medium orange**
- **5 teaspoons rice vinegar, divided**
- **2 teaspoons grated fresh ginger**
- **2 teaspoons light brown sugar, divided**
- **1 cup thinly sliced radishes**
- **1 cup julienned English cucumber**
- **3 tablespoons cornstarch**
- **3 tablespoons peanut *or* canola oil**
- **8 ounces trimmed green beans**
- **2 cups cooked brown rice**
- **¼ cup chopped unsalted roasted peanuts**
- **Sesame seeds and scallions for garnish**

1. Combine chicken and 1 tablespoon tamari (or soy sauce) in a small bowl; stir to coat. Cover and refrigerate for 20 minutes.

2. Meanwhile, whisk the remaining 2 tablespoons tamari (or soy sauce), orange zest and juice, 2 teaspoons vinegar, ginger and 1 teaspoon brown sugar in a small bowl. Set near the stove. Toss radishes and cucumber with the remaining 3 teaspoons vinegar and 1 teaspoon brown sugar in a medium bowl. Set aside.

3. Sprinkle chicken with cornstarch; toss to coat. Heat oil in a large flat-bottom wok or cast-iron skillet over medium-high heat. Add the chicken and cook, undisturbed, for 1 minute. Continue to cook, stirring often, until crispy and cooked through, 5 to 7 minutes more.

4. Add the orange juice mixture and cook, stirring constantly, until well coated. Add green beans and cook until tender-crisp, about 2 minutes. Serve over rice, topped with the radish mixture and peanuts. Sprinkle with sesame seeds and scallions, if desired.

SERVES 4: 2 cups each

Cal 485 **Fat** 21g (sat 4g) **Chol** 107mg **Carbs** 45g **Total sugars** 7g (added 2g) **Protein** 30g **Fiber** 5g **Sodium** 654mg **Potassium** 695mg.

SMART SWAPS

We like the hint of flavor peanut oil adds to this stir-fry. But if you need to omit it due to a food allergy any high-heat oil will do like canola or grapeseed.

RECIPE BY ADAM DOLGE

POWER UP AGAINST PEANUT ALLERGY WITH PALFORZIA

PALFORZIA, the first and only FDA-approved treatment for peanut allergy, is a daily oral therapy that helps reduce the severity of allergic reactions to peanuts that may be hidden in foods.

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WHAT IS PALFORZIA?

PALFORZIA is a treatment for people who are allergic to peanuts. PALFORZIA can help reduce the severity of allergic reactions, including anaphylaxis, that may occur with accidental exposure to peanut. PALFORZIA may be started in patients aged 4 through 17 years old. If you turn 18 years of age while on PALFORZIA treatment you should continue taking PALFORZIA unless otherwise instructed by your doctor.

PALFORZIA does NOT treat allergic reactions and should not be given during an allergic reaction.

You must maintain a strict peanut-free diet while taking PALFORZIA.

IMPORTANT SAFETY INFORMATION

PALFORZIA can cause severe allergic reactions called anaphylaxis that may be life-threatening.

- **You will receive your first dose in a healthcare setting under** the observation of trained healthcare staff.
- **You will receive the first dose of all dose increases in a** healthcare setting.
- In the healthcare setting, you will be observed for at least 1 hour for signs and symptoms of a severe allergic reaction.
- If you have a severe reaction during treatment, you will need to receive an injection of epinephrine immediately and get emergency medical help right away.
- You will return to the healthcare setting for any trouble tolerating your home doses.

Stop taking PALFORZIA and get emergency medical treatment right away if you have any of the following symptoms after taking PALFORZIA:

- Trouble breathing or wheezing
- Chest discomfort or tightness
- Throat tightness
- Trouble swallowing or speaking
- Swelling of your face, lips, eyes, or tongue
- Dizziness or fainting
- Severe stomach cramps or pain, vomiting, or diarrhea
- Hives (itchy, raised bumps on skin)
- Severe flushing of the skin

Because of the risk of severe allergic reactions, PALFORZIA is only available through a restricted program called the PALFORZIA Risk Evaluation and Mitigation Strategy (REMS) Program. Talk to your healthcare provider for more information about the PALFORZIA REMS program and how to enroll.

You should NOT take PALFORZIA if you have uncontrolled asthma, or if you ever had eosinophilic esophagitis (EoE) or other eosinophilic gastrointestinal disease.

Tell your doctor if you are not feeling well prior to starting treatment with PALFORZIA. Your doctor may decide to delay treatment until you are feeling better. Also tell your doctor about any medical conditions you have and if you are taking or have recently taken any other medicines, including medicines obtained without a prescription and herbal supplements.

Your doctor may decide that PALFORZIA is not the best treatment if:

- You are unwilling or unable to receive (or self-administer) injectable epinephrine.
- You have a condition or are taking a medication that reduces the ability to survive a severe allergic reaction.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF PALFORZIA?

The most commonly reported side effects of PALFORZIA were: stomach pain, vomiting, feeling sick, itching or burning in the mouth, throat irritation, cough, runny nose, sneezing, throat tightness, wheezing, shortness of breath, itchy skin, hives, and/or itchy ears.

PALFORZIA can cause severe allergic reactions called anaphylaxis that may be life-threatening.

PALFORZIA can cause stomach or gut symptoms including inflammation of the esophagus (called eosinophilic esophagitis). Symptoms of eosinophilic esophagitis can include:

- Trouble swallowing
- Food stuck in throat
- Burning in chest, mouth, or throat
- Vomiting
- Regurgitation of undigested food
- Feeling sick

For additional information on the possible side effects of PALFORZIA, talk with your doctor or pharmacist.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see a Brief Summary of the full Prescribing Information and Medication Guide, including an Important Warning about anaphylaxis, on the following page.

aimmune THERAPEUTICS

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AIMT-PM-USA-0835 07/21

Palforzia

Peanut (*Arachis hypogaea*)
Allergen Powder-dnfp

IMPORTANT FACTS

This is only a brief summary of important information about PALFORZIA and does not replace talking to your healthcare provider about your condition and treatment. For complete product information, please see full Prescribing Information, including Medication Guide, at www.PALFORZIA.com.

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT PALFORZIA?

PALFORZIA can cause severe allergic reactions called anaphylaxis that may be life-threatening.

- You will receive your first dose in a healthcare setting under the observation of trained healthcare staff.
- You will receive the first dose of all dose increases in a healthcare setting.
- In the healthcare setting, you will be observed for at least 1 hour for signs and symptoms of a severe allergic reaction.
- If you have a severe reaction during treatment, you will need to receive an injection of epinephrine immediately and get emergency medical help right away.
- You will return to the healthcare setting for any trouble tolerating your home doses.

Stop taking PALFORZIA and get emergency medical treatment right away if you have any of the following symptoms after taking PALFORZIA: Trouble breathing or wheezing; Chest discomfort or tightness; Throat tightness; Trouble swallowing or speaking; Swelling of your face, lips, eyes, or tongue; Dizziness or fainting; Severe stomach cramps or pain, vomiting, or diarrhea; Hives (itchy, raised bumps on skin); Severe flushing of the skin.

For home administration of PALFORZIA, your doctor will prescribe injectable epinephrine, a medicine you must inject if you have a severe allergic reaction after taking PALFORZIA. Your doctor will train and instruct you on the proper use of injectable epinephrine.

Talk to your doctor and read the epinephrine patient information if you have any questions about the use of injectable epinephrine.

PALFORZIA is only available through a restricted program called the PALFORZIA Risk Evaluation and Mitigation Strategy (REMS) Program. Before you can receive PALFORZIA, you must:

- Enroll in this program.
- Receive education about the risk of a severe allergic reaction (anaphylaxis) by a healthcare provider who practices in a setting that is certified through the REMS program.
- Understand that you will be monitored in a healthcare setting during and after the Initial Dose Escalation and for the first dose of each Up-Dosing level.
- Receive education about how to maintain a peanut-free diet. You must attest that you will continue to avoid peanuts at all times.
- Fill the prescription your healthcare provider gives you for the injectable epinephrine. You must attest that epinephrine will be available to you at all times.

Talk to your healthcare provider for more information about the PALFORZIA REMS program and how to enroll.

WHAT IS PALFORZIA?

PALFORZIA is a prescription medicine derived from peanuts. It is a treatment for people who are allergic to peanuts. PALFORZIA can help reduce the severity of allergic reactions, including anaphylaxis, that may occur with accidental exposure to peanut. PALFORZIA may be started in patients aged 4 through 17 years old.

If you turn 18 years of age while on PALFORZIA treatment you should continue taking PALFORZIA unless otherwise instructed by your doctor.

PALFORZIA does NOT treat allergic reactions and should not be given during an allergic reaction. You must maintain a strict peanut-free diet while taking PALFORZIA.

WHO SHOULD NOT TAKE PALFORZIA?

You should NOT take PALFORZIA if:

- You have uncontrolled asthma.
- You ever had eosinophilic esophagitis (EoE) or other eosinophilic gastrointestinal disease.

WHAT SHOULD I TELL MY DOCTOR BEFORE TAKING PALFORZIA?

Tell your doctor if you are not feeling well prior to starting treatment with PALFORZIA. Your doctor may decide to delay treatment until you are feeling better. Also tell your doctor about any medical conditions you have. You should tell your doctor if you are taking or have recently taken any other medicines, including medicines obtained without a prescription and herbal supplements. Keep a list of them and show it to your doctor and pharmacist each time you get a new supply of PALFORZIA.

Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

Your doctor may decide that PALFORZIA is not the best treatment if:

- You are unwilling or unable to receive (or self-administer) injectable epinephrine.
- You have a condition or are taking a medication that reduces the ability to survive a severe allergic reaction.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF PALFORZIA?

The most commonly reported side effects were: stomach pain, vomiting, feeling sick, itching or burning in the mouth, throat irritation, cough, runny nose, sneezing, throat tightness, wheezing, shortness of breath, itchy skin, hives, and/or itchy ears.

PALFORZIA can cause severe allergic reactions that may be life-threatening. Symptoms of allergic reactions to PALFORZIA can include: Trouble breathing or wheezing; Chest discomfort or tightness; Throat tightness or swelling; Trouble swallowing or speaking; Swelling of your face, lips, eyes, or tongue; Dizziness or fainting; Severe stomach cramps or pain, vomiting, or diarrhea; Skin rash, itching, or raised bumps on skin; Severe flushing of the skin.

PALFORZIA can cause stomach or gut symptoms including inflammation of the esophagus (called eosinophilic esophagitis). Symptoms of eosinophilic esophagitis can include: Trouble swallowing; Food stuck in throat; Burning in chest, mouth, or throat; Vomiting; Regurgitation of undigested food; Feeling sick.

For additional information on the possible side effects of PALFORZIA, talk with your doctor or pharmacist. You may report side effects to the U.S. Food and Drug Administration (FDA) at 1-800-FDA-1088 or www.fda.gov/medwatch.

Manufactured by:
Aimmune Therapeutics, Inc.
Brisbane, CA 94005

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Based on PALF-US-v1.0, 01/2020

AIMT-PM-USA-0762

Padma's Beef Shawarma with Beet Yogurt Sauce

ACTIVE: 30 min **TOTAL:** 55 min

TO MAKE AHEAD: Marinate steak (Step 1) for up to 1 day. Refrigerate sauce (Step 2) for up to 2 days.

Shawarma is traditionally roasted on a spit and then sliced thin. This grilled version has similar vibes thanks to a highly seasoned marinade. This recipe makes extra beet yogurt sauce so stick it in the fridge to have on hand for dolloping on grain bowls salads and sandwiches.

STEAK

- ¼ cup lemon juice
- ¼ cup balsamic *or* cider vinegar
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon kosher salt
- 1 teaspoon garlic powder
- ½ teaspoon ground allspice
- ½ teaspoon ground cardamom
- ½ teaspoon ground cinnamon
- ½ teaspoon ground cumin
- ½ teaspoon ground nutmeg
- ½ teaspoon dried oregano
- ¼ teaspoon ground cloves
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground ginger
- 1 pound skirt steak, trimmed

SAUCE & ACCOMPANIMENTS

- 1 cooked medium beet, peeled
- 1 clove garlic, crushed and peeled
- ½ cup whole-milk plain dahi *(see Tip below) or* yogurt
- 1½ teaspoons tahini
- ¼ teaspoon kosher salt
- ¼ cup coarsely chopped fresh dill
- 1 Persian (mini) cucumber, chopped
- 4 6-inch whole-wheat pitas, warmed

1. To prepare steak: Whisk lemon juice, vinegar, oil, 1 teaspoon salt, garlic powder, allspice, cardamom, cinnamon, cumin, nutmeg, oregano, cloves, cayenne and ginger in a shallow dish. Add steak and turn to coat. Marinate at room temperature for 30 minutes or in the refrigerator for up to 1 day, turning occasionally.

2. Meanwhile, to prepare sauce: Combine beet, garlic, dahi (or yogurt), tahini and salt in a blender; process until smooth. Stir in dill.

3. Preheat grill to medium-high.

4. Remove the steak from the marinade (discard marinade). Grill the steak, turning once, until an instant-read thermometer inserted in the thickest part registers 125°F for medium-rare, 3 to 5 minutes per side. Transfer to a clean cutting board and let rest for 5 minutes.

5. Slice the steak against the grain, then cut into bite-size pieces. Reserve half the sauce for another use. Serve the steak and the remaining sauce with cucumber in pitas.

SERVES 4: 1 pita sandwich each

Cal 388 **Fat** 12g (sat 4g) **Chol** 76mg **Carbs** 40g **Total sugars** 4g (added 0g) **Protein** 31g **Fiber** 4g **Sodium** 547mg **Potassium** 640mg.

GET CULTURED

Sometimes called "curd" in India, dahi is yogurt that's fermented at a lower temperature for longer than other yogurts, giving it a rich and silky mouthfeel. Look for it in well-stocked grocery stores.

ILLUSTRATION BY EMMA DIBBEN; RECIPE BY PADMA LAKSHMI

STAY STRONG

A preliminary study that fed mice red bell pepper juice noted positive results in fending off sarcopenia (age-related muscle atrophy) possibly due to the vegetable s potent antioxidants like capsanthin and quercetin. Cherry peppers boast even more capsanthin than bells.

Chicken Riggies

ACTIVE: 25 min **TOTAL:** 35 min

Named after the pasta shape it's made with, this dish hails from central New York. The tomato-based sauce is packed with both sweet bell and hot cherry peppers married with a bit of cream to tame its tanginess.

- **8 ounces whole-wheat rigatoni**
- **1 tablespoon extra-virgin olive oil**
- **1 pound boneless, skinless chicken breast, cut into bite-size pieces**
- **¾ teaspoon salt, divided**
- **½ teaspoon ground pepper, divided**
- **1 large red bell pepper, thinly sliced**
- **1 medium onion, thinly sliced**
- **4 tablespoons sliced jarred hot cherry peppers, rinsed**
- **2 cloves garlic, thinly sliced**
- **2 teaspoons chopped fresh oregano**
- **1 28-ounce can no-salt-added crushed tomatoes**
- **⅓ cup heavy cream**
- **Chopped fresh parsley for garnish**

1. Bring a large pot of water to boil. Cook rigatoni according to package directions. Drain.

2. Meanwhile, heat oil in a large skillet over medium-high heat. Pat chicken dry and add to the pan in a single layer. Cook, stirring occasionally, until well browned on all sides, 5 to 7 minutes. Transfer to a plate and sprinkle with ¼ teaspoon each salt and pepper.

3. Add bell pepper and onion to the pan and cook until starting to brown, 4 to 6 minutes. Stir in hot peppers, garlic and oregano; cook until fragrant, about 1 minute. Sprinkle with ¼ teaspoon salt. Add tomatoes and the chicken and bring to a simmer. Cook until the chicken is cooked through and the sauce thickens slightly, 8 to 10 minutes.

4. Stir in cream and simmer for 2 minutes. Add the rigatoni and the remaining ¼ teaspoon each salt and pepper. Toss to coat. Serve garnished with parsley, if desired.

SERVES 4: 1¾ cups each

Cal 534 **Fat** 16g (sat 6g) **Chol** 105mg **Carbs** 60g **Total sugars** 13g (added 0g) **Protein** 38g **Fiber** 10g **Sodium** 536mg **Potassium** 1,316mg.

RECIPE BY ADAM DOLGE

Padma Says:

"This dish is great on a cold night and even better the next day as the flavors deepen."

Coconut Curry Squash Soup with Spiced Seeds

ACTIVE: 20 min **TOTAL:** 45 min

TO MAKE AHEAD: Refrigerate soup (Step 2) for up to 4 days.

Rather than puree the squash we leave the tender chunks intact to give the soup texture. If you are starting with a whole squash you can toast its seeds in place of the pepitas.

- 2 tablespoons extra-virgin olive oil plus 1 teaspoon, divided
- 1 medium onion, chopped
- 2 medium carrots, chopped
- 2 medium stalks celery, chopped
- 3 scallions, sliced, white and green parts separated
- 2 cloves garlic, minced
- 1 tablespoon hot Madras curry powder plus 1 teaspoon, divided
- 2 teaspoons ground cumin
- ¼ teaspoon salt
- 4 cups cubed peeled butternut squash
- 4 cups reduced-sodium vegetable broth
- 1 14-ounce can light coconut milk
- 1 15-ounce can no-salt-added chickpeas, rinsed
- ½ cup unsalted pepitas
- Lime wedges for serving

1. Preheat oven to 350°F.

2. Heat 2 tablespoons oil in a large pot over medium heat. Add onion carrots celery and scallion whites and cook stirring often until very tender about 8 minutes. Stir in garlic 1 tablespoon curry powder cumin and salt cook until fragrant about 1 minute. Add squash broth coconut milk and chickpeas and bring to a simmer. Cover and cook until the squash is tender about 20 minutes.

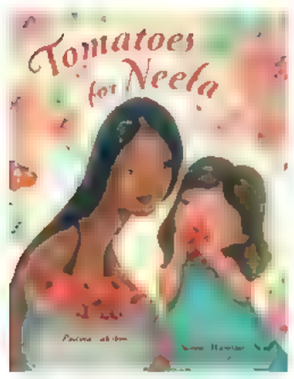
3. Meanwhile toss pepitas with the remaining 1 teaspoon oil and 1 teaspoon curry powder in a small bowl. Spread in a small baking pan and bake until toasted and fragrant 4 to 6 minutes.

4. Top the soup with the pepitas and scallion greens. Serve with lime wedges if desired.

SERVES 4: about 2 cups each

Cal 432 **Fat** 22g (sat 8g) **Chol** 0mg **Carbs** 48g **Total sugars** 10g (added 0g) **Protein** 14g **Fiber** 11g **Sodium** 469mg **Potassium** 889mg.

RECIPE BY ADAM DOLGE



TOMATOES FOR NEELA

In this book written by Padma Lakshmi and illustrated by Juana Martinez-Neal Neela and her amma (mom) go to the market and learn about all the different kinds of tomatoes—like the heirlooms used here—there are to choose from. Order the book at *https://bit.ly/TomatoesForNeela.*

Tomato Ricotta Tart

ACTIVE: 20 min **TOTAL:** 50 min

EQUIPMENT: Parchment paper

This simple tart showcases gorgeous, multi-colored heirloom tomatoes. Aged balsamic vinegar has a beautiful syrupy texture because the longer it ages, the more evaporation takes place. Balsamic glaze can be used in its place, but keep in mind it often has added sugar.

- **1 pound tomatoes, sliced ¼ inch thick**
- **All-purpose flour for rolling**
- **1 sheet puff pastry, thawed**
- **1 large egg lightly beaten with 1 teaspoon water for egg wash**
- **½ cup whole-milk ricotta cheese**
- **½ cup shredded fontina cheese**
- **⅓ cup slivered oil-packed sun-dried tomatoes**
- **2 tablespoons chopped fresh parsley, plus more for serving**
- **1 tablespoon chopped fresh oregano, plus more for serving**
- **¼ teaspoon ground pepper**
- **1 tablespoon aged balsamic vinegar *or* balsamic glaze**
- **1 tablespoon extra-virgin olive oil**
- **¼ teaspoon flaky sea salt, such as Maldon**

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.

2. KIDS DO Arrange tomatoes in a single layer on a clean kitchen towel. Top with a second kitchen towel and weight down with a baking sheet. Let stand for at least 10 minutes to release excess moisture.

3. KIDS DO Meanwhile, roll pastry into an 11-by-12-inch rectangle on a lightly floured surface. Transfer to the prepared pan. Score a 1-inch border strip along each side of the rectangle. Brush the border with egg wash. Pierce the pastry all over with a fork. Gently fold the border over along the score line to create a rim and crimp it lightly with a fork. Brush the rim with the egg wash.

4. Bake the crust until puffed and starting to brown, 18 to 20 minutes. Let cool for 5 minutes.

5. KIDS DO Meanwhile, mix ricotta, fontina, sun-dried tomatoes, parsley, oregano and pepper in a small bowl. Spread in an even layer over the crust, inside the rim.

6. Return the tart to the oven and bake until the crust is golden and the filling is bubbly, 10 to 15 minutes.

7. KIDS DO Arrange the tomatoes over the filling. Drizzle with balsamic vinegar (or glaze) and oil and sprinkle with salt. Garnish with more herbs, if desired.

SERVES 4: ¼ tart each

Cal 438 **Fat** 29g (sat 14g) **Chol** 47mg **Carbs** 40g **Total sugars** 5g (added 1g) **Protein** 14g **Fiber** 4g **Sodium** 535mg **Potassium** 479mg.

RECIPE BY ADAM DOLGE

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White Bean & Sun-Dried Tomato Gnocchi

ACTIVE: 20 min TOTAL: 20 min

Sun-dried tomatoes are the star of this recipe—providing texture and umami. Combined with the spinach they make this dish a great source of vitamins C and K.

- ½ cup sliced oil-packed sun-dried tomatoes plus 2 tablespoons oil from the jar, divided
- 1 16-ounce package shelf-stable gnocchi
- 1 15-ounce can low-sodium cannellini beans, rinsed
- 1 5-ounce package baby spinach
- 1 large shallot, minced
- cup low-sodium no-chicken broth *or* chicken broth
- cup heavy cream
- 1 tablespoon lemon juice
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 3 tablespoons fresh basil leaves

1. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add gnocchi and cook, stirring often, until plumped and starting to brown, about 5 minutes. Add beans and spinach and cook until the spinach is wilted, about 1 minute. Transfer to a plate.

2. Add the remaining 1 tablespoon oil to the pan and heat over medium heat. Add sun-dried tomatoes and shallot; cook, stirring, for 1 minute. Increase heat to high and add broth. Cook until the liquid has mostly evaporated, about 2 minutes.

3. Reduce heat to medium and stir in cream, lemon juice, salt and pepper. Return the gnocchi mixture to the pan and stir to coat with the sauce. Serve topped with basil.

SERVES 4: 1 cup each

Cal 437 Fat 13g (sat 5g) Chol 23mg Carbs 69g Total sugars 4g (added 0g) Protein 14g Fiber 8g Sodium 651mg Potassium 481mg.

WINE PAIRING

The blackberry aromas and high acidity of the 2018 Vietti Barbera D Asti Tre Vigne Piemonte Italy ($25) complement the sun-dried tomatoes and cream.

RECIPE BY LAURA KANYA

Stu ed Pepper Soup

ACTIVE: 25 min TOTAL: 50 min

TO MAKE AHEAD: Refrigerate for up to 3 days.

Inspired by stuffed peppers this soup is ready faster and with fewer dishes too! Have fun with the toppings—we top it with onion Cheddar cheese and tortilla chips here but salsa sour cream and corn would also make stellar additions.

- 1 tablespoon extra-virgin olive oil
- 3 large bell peppers chopped
- 1 poblano pepper chopped
- 1 medium onion chopped plus more for serving
- 1 pound lean ground beef
- 2 cloves garlic minced
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon ground pepper
- ¼ teaspoon salt
- 4 cups low-sodium chicken broth
- 1 cup quick-cooking brown rice
- ¼ cup chopped fresh cilantro plus more for serving
- Shredded Cheddar cheese & crushed tortilla chips for serving

1. Heat oil in a large pot over medium-high heat. Add bell peppers, poblano and onion and cook, stirring often, until starting to soften, about 10 minutes. Push the vegetables to the edges. Add beef, garlic, cumin, coriander, ground pepper and salt to the middle and cook, crumbling the beef with a wooden spoon, until it's no longer pink, 3 to 5 minutes.

2. Stir in broth and rice and bring to a boil. Reduce heat to maintain a low simmer, cover and cook until the rice is tender, 15 to 20 minutes. Remove from heat and stir in cilantro.

3. Serve the soup topped with cheese, corn chips and more onion and cilantro, if desired.

SERVES 4: 2 cups each

Cal 570 Fat 28g (sat 10g) Chol 81mg Carbs 51g Total sugars 7g (added 0g) Protein 26g Fiber 6g Sodium 754mg Potassium 711mg.

RECIPE BY ADAM DOLGE

Chicken a la Nueces de la India (Chicken with Creamy Cashew Sauce)

ACTIVE: 30 min **TOTAL:** 30 min

Cashews (called nueces de la India in Spanish) have a silky texture when ground creating a sweet golden sauce that envelops the chicken and is luscious enough to lick right off the plate.

- **1 pound boneless, skinless chicken breasts, trimmed**
- **½ teaspoon salt, divided**
- **½ teaspoon ground pepper, divided**
- **3 tablespoons extra-virgin olive oil, divided**
- **¼ cup all-purpose flour**
- **½ cup unsalted roasted cashews**
- **½ cup finely diced shallots**
- **2 small cloves garlic, minced**
- **½ teaspoon crushed red pepper**
- **¼ teaspoon fresh thyme leaves, chopped**
- **¾ cup low-sodium chicken broth**
- **1½ tablespoons honey**
- **¼-½ cup warm water**

1. Cut chicken into 4 equal pieces; cover with plastic wrap and gently pound with a mallet or the bottom of a skillet to an even thickness. Sprinkle both sides of the chicken with ¼ teaspoon each salt and pepper.

2. Heat 2 tablespoons oil in a large nonstick skillet over medium heat. Lightly dredge the chicken in flour, shaking off excess. (Discard any leftover flour.) Add the chicken to the pan in a single layer and cook, flipping once, until lightly browned, 3 to 4 minutes per side. Transfer to a platter, cover and keep warm.

3. Meanwhile, pulverize cashews in a blender or food processor to form a powder.

4. Heat the remaining 1 tablespoon oil in the pan. Add shallots and garlic and cook for 2 minutes. Add crushed red pepper and thyme and cook until the shallots are softened, 1 to 2 minutes more. Add broth and honey and stir until the mixture comes to a gentle boil.

5. Reduce heat to medium-low. Slowly add the ground cashews, stirring vigorously to prevent clumping. The sauce should thicken immediately. Add water as needed to achieve the consistency of gravy. Reduce heat to low and stir in the remaining ¼ teaspoon each salt and pepper.

6. Return the chicken to the pan and cook over medium-low heat until an instant-read thermometer inserted in the thickest part registers 165°F, about 4 minutes.

SERVES 4: 3 oz. chicken & ¼ cup sauce each
Cal 400 **Fat** 22g (sat 4g) **Chol** 83mg **Carbs** 21g **Total sugars** 9g (added 6g) **Protein** 30g **Fiber** 2g **Sodium** 361mg **Potassium** 602mg.

The recipes in Padma Lakshmi s 2007 cookbook (recently reissued in paperback) take inspiration from her life—from growing up in South India to moving to a predominantly immigrant community in New York City to her worldwide travels as a model and TV host. Each recipe is quick and simple with flavors from around the world like this chicken dish she learned from her friend Carmen a Mexican writer.

JOHNNY AUTRY STYLING: CHARLOTTE AUTRY. RECIPE EXCERPTED FROM *TANGY TART HOT AND SWEET A WORLD OF RECIPES FOR EVERY DAY* BY PADMA LAKSHMI. COPYRIGHT © 2021. AVAILABLE FROM HACHETTE GO, AN IMPRINT OF HACHETTE BOOK GROUP INC.: HTTPS://WWW.HACHETTEGO.COM/TITLES/PADMA-LAKSHMI/TANGY-TART-HOT-AND-SWEET/9780306926044

Roasted Grape & Radicchio Salad

ACTIVE: 25 min **TOTAL:** 25 min

Putting grapes in a hot oven blisters the skin and creates a jammy texture. Turn this salad into a hearty entree by topping it with some cooked sliced chicken.

- **2 cups red grapes**
- **3 tablespoons avocado oil, divided**
- **¼ cup balsamic vinegar**
- **1 tablespoon honey**
- **1 tablespoon Dijon mustard**
- **1 tablespoon finely chopped fresh herbs, such as rosemary *and/or* thyme**
- **½ teaspoon salt**
- **½ teaspoon ground pepper**
- **1 small head radicchio, thinly sliced**
- **8 cups arugula**
- **½ cup crumbled goat cheese**
- **2 tablespoons pine nuts, toasted**
- **Pomegranate arils (seeds) for garnish**

1. Preheat oven to 425°F.

2. Place grapes on a rimmed baking sheet. Drizzle 1 tablespoon oil over the grapes and toss to coat. Roast until the grapes start to burst, about 10 minutes. Let cool for 5 to 10 minutes.

3. Meanwhile, combine vinegar, honey, mustard, herbs, salt and pepper in a large bowl. Slowly whisk in the remaining 2 tablespoons oil.

4. Add radicchio, arugula and the grapes to the bowl and toss to coat. Top with goat cheese, pine nuts and pomegranate arils, if desired.

SERVES 8: 1½ cups each

Cal 141 **Fat** 10g (sat 3g) **Chol** 13mg **Carbs** 12g **Total sugars** 10g (added 2g) **Protein** 3g **Fiber** 1g **Sodium** 257mg **Potassium** 187mg.

Roasted Brussels Sprouts with Cider Vinaigrette

ACTIVE: 30 min **TOTAL:** 35 min

Reducing the apple cider until it is slightly thickened helps to concentrate its flavor and sweetness giving the dressing an intense punch.

- **2 pounds Brussels sprouts, trimmed and halved or quartered, if large (8 cups)**
- **3 tablespoons canola oil, divided**
- **½ teaspoon salt, divided**
- **½ teaspoon ground pepper, divided**
- **1 cup thinly sliced red onion (½ medium)**
- **1 small apple, thinly sliced (2 cups)**
- **½ cup apple cider**
- **2 tablespoons minced shallot**
- **2 tablespoons cider vinegar**
- **1 tablespoon whole-grain mustard**
- **1 tablespoon pure maple syrup**
- **⅔ cup walnuts, toasted**

1. Preheat oven to 400°F.

2. Toss Brussels sprouts with 2 tablespoons oil and ¼ teaspoon each salt and pepper on a large rimmed baking sheet. Roast until tender and lightly browned, 15 to 20 minutes. Add onion and roast until the onion is tender, 3 to 5 minutes. Add apple and roast until the apple is just tender, 3 to 5 minutes.

3. Meanwhile, bring apple cider to a boil in a small saucepan over medium-high heat. Boil until reduced to ¼ cup, about 5 minutes. Transfer to a large bowl. Whisk in shallot, vinegar, mustard, maple syrup and the remaining ¼ teaspoon each salt and pepper. Slowly whisk in the remaining 1 tablespoon oil.

4. Add walnuts and the Brussels sprouts mixture to the large bowl with the dressing. Toss to coat.

SERVES 6: 1 cup each

Cal 244 **Fat** 15g (sat 1g) **Chol** 0mg **Carbs** 26g **Total sugars** 12g (added 2g) **Protein** 7g **Fiber** 8g **Sodium** 285mg **Potassium** 717mg.

RECIPES BY LAURA KANYA

Mushroom French Dip

ACTIVE: 30 min TOTAL: 30 min

Meaty portobello mushrooms have just the right amount of earthy savory flavor and the perfect texture to replace beef in these French dip sandwiches.

- 3 tablespoons extra-virgin olive oil divided
- 1 medium onion thinly sliced
- 2 cloves garlic thinly sliced
- 4 large portobello mushroom caps gills removed cut into ¼-inch-thick slices
- 12 ounces oyster ***or*** shiitake mushrooms trimmed and coarsely chopped
- 1 tablespoon Dijon mustard
- 1 tablespoon chopped fresh thyme
- 1½ cups reduced-sodium vegetable broth ***or*** mushroom broth
- ¼ cup dry sherry
- 4 small whole-wheat hoagie rolls halved lengthwise
- 4 slices provolone cheese

1. Heat 1 tablespoon oil in a large cast-iron or heavy skillet over high heat. Add onion and cook, stirring frequently, until lightly browned, 3 to 4 minutes. Add garlic and cook until fragrant, about 1 minute. Transfer to a medium bowl.

2. Add 1 tablespoon oil to the pan. Add portobellos and cook, stirring occasionally, until browned, 5 to 6 minutes. Transfer to the bowl.

Add the remaining 1 tablespoon oil and oyster (or shiitake) mushrooms to the pan. Cook, stirring occasionally, until browned, 5 to 6 minutes. Return the portobellos and onion to the pan. Stir in mustard and thyme; cook for 1 minute. Stir in broth and sherry and simmer for 5 minutes.

3. Position a rack in upper third of oven; preheat broiler to high.

4. Scoop out most of the inside of the rolls (reserve for making breadcrumbs, if desired). Place the rolls cut-side up on a baking sheet. Using a slotted spoon, divide the mushroom mixture among the bottom halves of the rolls (reserve the sauce). Top with cheese.

5. Broil until the cheese is bubbly and lightly browned, 1 to 2 minutes. Place the top halves of the rolls on the sandwiches and serve with the sauce.

SERVES 4: 1 sandwich & 3 Tbsp. sauce each
Cal 402 Fat 20g (sat 6g) Chol 15mg Carbs 43g Total sugars 10g (added 0g) Protein 16g Fiber 8g Sodium 649mg Potassium 925mg.

Scan with your phone s camera for more meaty mushroom recipes without the meat.

RECIPE BY ADAM ROSE

Skillet Chicken with Lemon & Cherries

ACTIVE: 25 min **TOTAL:** 45 min

This spin on The Silver Palate Cookbook *s famous Chicken Marbella uses all the parts of a lemon—peel pith and flesh—to add plenty of citrusy zip. A little brown sugar and dried cherries add sweetness to balance all that tang.*

- **2 tablespoons extra-virgin olive oil**
- **1¾ pounds bone-in, skin-on chicken thighs, trimmed**
- **6 cloves garlic, minced**
- **2 teaspoons dried oregano**
- **¾ cup dry white wine**
- **½ cup red-wine vinegar**
- **½ cup coarsely chopped pitted green olives**
- **¼ cup chopped seeded lemon**
- **¼ cup dried cherries**
- **¼ cup packed light brown sugar**
- **½ teaspoon ground pepper**
- **¼ teaspoon salt**
- **Chopped fresh parsley for garnish**

1. Preheat oven to 400°F.

2. Heat oil in a large oven-safe skillet over medium-high heat. Pat chicken dry and add to the pan, skin-side down. Cook until lightly browned, 6 to 8 minutes. Flip the chicken and spoon out all but 2 tablespoons of the fat. Add garlic and oregano and cook until fragrant, about 1 minute. Add wine, vinegar, olives, lemon, cherries, brown sugar, pepper and salt; bring to a simmer.

3. Transfer the pan to the oven and roast until an instant-read thermometer inserted in the thickest part of a thigh without touching bone registers 165°F, about 20 minutes.

4. Transfer the chicken to a plate and return the pan to medium-high heat (remember, the handle will be hot). Cook until the sauce is slightly reduced, about 3 minutes. Serve the chicken with the sauce and sprinkle with parsley, if desired.

SERVES 4: 3 oz. chicken & ¼ cup sauce each
Cal 376 **Fat** 15g (sat 2g) **Chol** 128mg
Carbs 23g **Total sugars** 19g (added 13g)
Protein 27g **Fiber** 1g **Sodium** 506mg
Potassium 410mg.

RECIPE BY ADAM DOLGE

WINE PAIRING

Choose a medium-bodied and delicate Burgundy such as the 2019 Bouchard Père & Fils Reserve Pinot Noir Bourgogne France ($22) to highlight the cherries without overwhelming the chicken.

Taste of Home

By Padma Lakshmi

Scan with your phone s camera for more on the story behind this recipe.

Savory, cool yogurt rice, or "curd rice," as it's referred to on the Indian subcontinent, is my ultimate comfort food. It's made from Indian household staples—it's really just yogurt, rice and salt, after all—with a variety of ingredients added as embellishments. Here I use pomegranate seeds, black mustard seeds and fried curry leaves. My mother makes dozens of variations, and my granny makes totally di erent ones. But it is always most delicious when the yogurt and rice are kneaded together by hand, preferably by a loving elder. Even today, when my daughter, Krishna, asks for it, it must always be mixed by my hand. A bowl of yogurt rice to me will forever signify love, care and a respite from all the spiciness of my Indian diasporic life.

Yogurt Rice

ACTIVE: 15 min TOTAL: 15 min

TO MAKE AHEAD: Refrigerate for up to 2 days.

This take on yogurt rice is seasoned with aromatic spices including asafetida powder. The pungent spice comes from the roots of a plant that's a cousin to celery and takes on a flavor similar to onion when cooked. It's common in Indian cuisine; find it (as well as the white gram lentils used here) at Indian grocery stores or online.

- 2 cups cooked brown *or* white basmati rice at room temperature
- 1¾ cups whole-milk plain dahi *(see Tip page 33) or* yogurt
- ½ teaspoon kosher salt
- ¾ cup pomegranate arils
- ¾ teaspoon black mustard seeds
- ¼ teaspoon asafetida powder
- ½-1 medium green chile with seeds preferably serrano diced
- 5 medium fresh curry leaves torn into small pieces plus more for garnish
- 1 tablespoon white gram lentils
- 2 tablespoons canola oil

1. Combine rice dahi (or yogurt) and salt in a medium bowl knead together with your hands or a fork. Stir in pomegranate arils.

2. Combine mustard seeds and asafetida powder in a small bowl. Combine chile and curry leaves in another small bowl. Set both near the stove along with lentils (once you start cooking the process goes quickly). Keep a lid nearby in case the ingredients start to spatter.

3. Heat oil in a small skillet over medium-low heat until shimmering. Add the lentils and cook until just beginning to turn golden about 30 seconds. Reduce heat to low. Add the mustard seeds and asafetida powder. Stir until you hear a popping sound then add the chile and curry leaves. Stir for 30 seconds then remove from heat.

4. Pour the mixture over the rice mixture and stir well with a spoon. Garnish with additional fried curry leaves if desired. Serve at room temperature or chilled.

SERVES 6: ½ cup each

Cal 199 Fat 8g (sat 2g) Chol 9mg Carbs 27g Total sugars 7g (added 0g) Protein 5g Fiber 2g Sodium 196mg Potassium 235mg.

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Salmon with Smoky Mayo & Quinoa Pilaf

ACTIVE: 15 min TOTAL: 40 min

We love the ease of cooking salmon straight from the freezer—not only does it save you a step this method also gently steams the fish for super-moist results.

- 1 cup water
- 4 frozen salmon fillets (about 1¼ pounds)
- ½ cup quinoa
- ¼ cup mayonnaise
- 1 teaspoon smoked paprika
- 1¼ teaspoons grated garlic divided
- ½ cup panko breadcrumbs
- 2 tablespoons extra-virgin olive oil divided
- ¼ teaspoon salt divided
- 2 cups frozen peas
- ½ teaspoon dried dill
- ½ teaspoon lemon zest
- 1 tablespoon lemon juice

1. Preheat oven to 425°F. Bring water to a boil in a medium saucepan.

2. Place salmon in a baking dish (skin-side down, if not skinned). Cover tightly with foil. Bake for 15 minutes.

3. Meanwhile, add quinoa to the boiling water, cover and reduce heat to maintain a lively simmer. Cook until most of the water has been absorbed and the quinoa is tender, 15 to 20 minutes.

4. Combine mayonnaise, paprika and ¼ teaspoon garlic in a small bowl. Combine panko, 1 tablespoon oil, ⅛ teaspoon salt and ½ teaspoon garlic in another small bowl.

5. Uncover the salmon and spread each fillet with about 1 tablespoon of the mayonnaise mixture topped with 2 tablespoons of the panko mixture, pressing to adhere. Continue baking, uncovered, until the fish is opaque in the center and the breadcrumbs are golden brown, 7 to 10 minutes more.

6. Add peas and the remaining ½ teaspoon garlic, 1 tablespoon oil and ⅛ teaspoon salt to the quinoa. Cook over medium heat, stirring, until the peas are hot and the water is mostly evaporated, about 3 minutes. Stir in dill, lemon zest and lemon juice. Serve the quinoa with the salmon.

SERVES 4: 4 oz. salmon & ¾ cup quinoa each
Cal 483 Fat 24g (sat 4g) Chol 72mg Carbs 29g Total sugars 4g (added 0g) Protein 36g Fiber 5g Sodium 400mg Potassium 776mg.

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RECIPE BY HILARY MEYER

CHICKEN WITH CHEESE & VEGETABLES

NOTHING WILL STICK BUT THE SMILES ON THEIR FACES.

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A Sip of Apple Season

Orchard 75

ACTIVE: 5 min TOTAL: 5 min

Pommeau a lower-in-alcohol spirit hails from Normandy. It s made by adding unfermented apple juice to apple brandy for extra sweetness. You can use it in place of brandy or vermouth in cocktails.

Fill a cocktail shaker with ice cubes. Add 1½ oz. pommeau 1 oz. each gin and lemon juice and 2 dashes Angostura bitters. Shake well, then strain into a medium (12-oz.) wineglass. Top with 1½ oz. chilled dry hard cider and garnish with a lemon twist if desired.

SERVES 1: 8 oz.

Cal 195 Fat 0g (sat 0g) Chol 0mg Carbs 5g Total sugars 3g (added 0g) Protein 0g Fiber 0g Sodium 3mg Potassium 57mg.

Apple Brandy Old Fashioned

ACTIVE: 5 min TOTAL: 5 min

Here the classic Old Fashioned gets an autumn twist by using maple syrup in place of simple syrup and apple brandy instead of whiskey.

Combine 1 tsp. pure maple syrup and 2 dashes Angostura bitters in an Old-Fashioned glass. Add 2 oz. apple brandy and 2 or 3 ice cubes and stir gently to combine. Garnish with an apple chip *or* orange twist if desired.

SERVES 1: 4 oz.

Cal 148 Fat 0g (sat 0g) Chol 0mg Carbs 5g Total sugars 4g (added 4g) Protein 0g Fiber 0g Sodium 1mg Potassium 15mg.

Apple-Ginger Mocktail Mule

ACTIVE: 5 min TOTAL: 5 min

Legend has it that the Moscow Mule was created when three entrepreneurs—a vodka business-man a ginger-beer maker and a copper-mug saleswoman—were down on their luck. The copper mug may seem decorative but some argue it s the key to keeping your mule colder longer or that it even adds a bit of flavor. We love this zero-proof version all the same in any ol glass.

Combine 4 oz. apple cider ½ oz. lime juice and a pinch each of ground cinnamon and nutmeg in a chilled copper mug or glass. Add ice cubes and top with 4 oz. ginger beer. Stir to combine. Garnish with an apple slice a cinnamon stick and a lime wedge if desired.

SERVES 1: 8 oz.

Cal 113 Fat 0g (sat 0g) Chol 0mg Carbs 29g Total sugars 25g (added 12g) Protein 0g Fiber 0g Sodium 15mg Potassium 20mg.

COCKTAIL CONNOISSEUR JASON WILSON

Author of the *Everyday Drinking* newsletter and host of a podcast of the same name, Wilson knows his stuff when it comes to mixing drinks (try one of these apple drinks and you'll see). In addition to authoring three books, he has also been the editor of *The Best American Travel Writing* book series since 2000. The 2021 edition was co-edited by Padma Lakshmi.

COCKTAILS BY JASON WILSON; MOCKTAIL BY LAURA KANYA

Apple Custard Cake

ACTIVE: 30 min **TOTAL:** 2 hrs
TO MAKE AHEAD: Store airtight at room temperature for up to 1 day.
EQUIPMENT: 9-inch springform pan

A little of the batter gets mixed with an extra egg and spread on the cake before it s baked yielding an ultra-creamy and custardy top. For the cleanest slices use a serrated knife to cut the cake.

- **4 cups thinly sliced peeled firm apples (4 medium), such as Granny Smith, Honeycrisp *and/or* Cortland**
- **½ cup golden raisins *or* currants**
- **1 tablespoon lemon juice**
- **1 teaspoon ground cinnamon**
- **½ teaspoon ground nutmeg**
- **1 cup whole milk**
- **1 cup canola oil**
- **1 cup whole-wheat pastry flour plus 2 tablespoons, divided**
- **1 tablespoon baking powder**
- **¾ teaspoon salt**
- **3 large eggs, divided**
- **1 cup granulated sugar, divided**
- **1 tablespoon bourbon, whiskey *or* Calvados**

1. Preheat oven to 350°F. Coat a 9-inch springform pan with cooking spray.
2. Toss apples, raisins (or currants), lemon juice, cinnamon and nutmeg in a large bowl. Combine milk and oil in a small bowl or glass measuring cup. Whisk 1 cup flour, baking powder and salt in a medium bowl.
3. Combine 2 eggs and ⅔ cup sugar in the bowl of a stand mixer fitted with the whisk attachment. Beat until thickened and pale, 3 to 5 minutes. Add bourbon (or whiskey or Calvados) and mix for 15 seconds. Using a flexible spatula, fold in the flour mixture in 3 additions, alternating with 2 additions of the milk mixture.
4. Lightly beat the remaining egg in a small bowl. Stir in 1 cup of the batter and the remaining 2 tablespoons flour. Set aside for topping.
5. Add the apple mixture to the remaining batter in the mixing bowl and mix well to combine. Scrape into the prepared pan. Spread the reserved topping evenly over the top. Sprinkle the remaining ⅓ cup sugar over the cake.
6. Place the pan on a rimmed baking sheet. Bake until the top is golden brown and the edges pull away from the sides, about 1 hour. Transfer to a wire rack to cool for 30 minutes. Run a thin knife around the edge and release the cake from the pan.

SERVES 16: 1 slice each
Cal 280 **Fat** 16g (sat 2g) **Chol** 36mg **Carbs** 33g **Total sugars** 21g (added 13g) **Protein** 3g **Fiber** 3g **Sodium** 221mg **Potassium** 162mg.

SMART SWAPS

To give this cake a nutrition boost we used whole-wheat pastry flour in place of all-purpose adding an extra gram of fiber per serving. Swapping canola oil for butter slashes the saturated fat by 86%.

RECIPE BY LAURA KANYA

CHANGE STARTS WITH YOU.

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ANGELA BASSETT
Actress, Director, Producer & Activist

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SPEAK UP FOR NATURE

WOCRJ 21005

good food fast

give yourself a break

Be a Sauce Boss!

Jarred tomato sauce is an excellent shortcut when you need help getting a meal on the table quickly. It can feel like a healthy no-brainer but with a little sleuthing we found that not all sauces are created equal especially in terms of added sugar and salt. We checked the numbers on countless labels against our nutrition parameters and tasted more than 50 sauces (that s not a typo!). Here s what to look for when shopping—and the scoop on our favorite picks.

By Maya Feller RD

Photos by
Ted & Chelsea Cavanaugh
Styling by Nora Singley

Noodle It Over

Sugar Shakedown Sugar is often added to balance tomatoes' natural acidity. But many brands use the sweetness from vegetables, like carrots and onions, to get the job done. So, if you're watching your added sugar, stick to brands with 0 grams.

The Salt Situation Sodium enhances the flavor of just about everything, but some marinara sauces on the market have as much as 570 milligrams per ½-cup serving—nearly a quarter of your daily recommended limit. In a perfect world, we'd opt for one with 300 mg or less, but we found they can be tricky to find. Plus, many lower-sodium options left a lot to be desired. If you pick a sauce that's on the higher side, consider balancing your salt intake by cutting back on sodium elsewhere in the day.

BEST LOW SODIUM
Victoria Low-Sodium Marinara Sauce
70 cal 120mg sodium
0g added sugar
This pick packs all the classic marinara flavor with less than half the sodium of our recommended limit.

GREAT FOR GARLIC LOVERS
Barilla Traditional Tomato Sauce
50 cal 450mg sodium
0g added sugar
Plenty of onions and garlic give this classic-tasting tomato sauce super-savory flavor.

BEST WITH A MISSION
Ocean's Balance Mariner's Marinara
110 cal 380mg sodium
0g added sugar
This one includes iron- and B_6-rich kelp grown in the Gulf of Maine to help reduce ocean acidification and bolster the surrounding ecosystem.

FOR HERB LOVERS
Bove's Marinara
60 cal 295mg sodium
0g added sugar
If old-school pizzeria tastes are your jam, this one's for you thanks to the herbs that season this aromatic sauce.

BEST WITH ADDED VEGGIES
Ragú Simply Chunky Garden Vegetable
70 cal 520mg sodium
0g added sugar
Carrots, sweet potato, celery, green bell peppers and zucchini combine to add fresh flavor and extra natural sweetness.

FOR THOSE WHO LIKE A SWEETER SAUCE
Bertolli Traditional Marinara
70 cal 490mg sodium
2g added sugar
Flavor-packed tomato paste and a touch of sugar add sweetness without going overboard on the added sugar.

BEST PREMIUM SAUCE
Rao's Marinara
100 cal 420mg sodium
0g added sugar
Chunks of juicy tomato dot this bright sauce that has a luxurious mouthfeel from the olive oil.

School Graze

These easy-to-pack, kid-friendly snacks will stave o the hunger monster and provide the nutrition that parents crave. By Julekha Dash

SCHOOL SAFE! ALL OF THESE SNACKS ARE NUT FREE!

BEST TREAT

This Saves Lives Krispy Treats

80-90 cal 0g fiber
7-9g sugar (7-9g added)
55-60mg sodium

Melt-in-your-mouth marshmallow snacks that come in fun flavors like Unicorn Sprinkle Surprise—what kid wouldn't love that? This variety is even enriched with brain-health-boosting curcumin, while the Crocodile Chocolate Crunch contains broccoli, kale and other fruits and veggies. Plus, the company feeds a child in need for every bar purchased.

BEST CRISPS

Snacklins Plant Crisps

90 cal 0g fiber 0-<1g sugar (0-<1g added)
90-135mg sodium

Made with yuca, mushrooms and onions, these light and airy plant-based crisps have a similar texture and flavor to pork rinds but with 75% less sodium and 0 grams sat fat. We like the highly seasoned Chesapeake Bay flavor, but there are three others to choose from.

BEST SNACK PACK

Fresh Express Chiquita Bites with Apple Wedges Cheddar Cheese and Pretzels

180 cal 2g fiber
6g sugar (0g added)
380mg sodium

Delivering 8 grams of protein, each of the packable trays is like kid charcuterie, with the fruit, cheese and pretzels all separated into their own compartments.

BEST PUFFS

From the Ground Up Cauliflower Stalks

140 cal 1g fiber
1g sugar (0g added)
180mg sodium

These gluten-free, vegan puffed snacks are so crunchy, your kids will forget they're eating veggies. Made with cassava and cauliflower, they get a flavor boost from herbs and spices including garlic, parsley and celery seed.

BEST MEAT SNACK

Country Archer Provisions Grass-Fed Beef Stick Minis Original

50 cal 0g fiber 0g sugar
200mg sodium

Lean grass-fed beef is seasoned with a blend of mild but pleasantly peppery spices. One mini meat stick packs 4 grams of protein, keeping kids' hunger at bay, and doesn't have any added sugar, unlike some jerkies.

Padma's Pomegranate Toast

For all the flavor of a classic PB&J without the added sugar, just reach for the real deal—fresh fruit. You still get a little natural sweetness and enough juiciness to combat peanut butter's stick-factor, plus some extra fiber. Padma loves a combo of peanut butter and pomegranate arils (and her Instagram followers went crazy for it too), but you can replicate the formula with whatever nut butter and fruit you love. Here are some ideas to try:

NUTRITION INFO: page 102

13 Creative Ways to Kick the Can

It seems like most recipes that call for unsweetened canned pumpkin purée rarely use the entire container. What to do with what's left over? You could freeze it, which is a great idea (transfer it to a freezer-safe bag, press out the air, label it and freeze it; it will keep for up to 3 months). Or use these fun ideas to add some flavor and vitamin A to your day. By Sara Haas, RD

1 Stir into softened reduced-fat cream cheese along with cinnamon and honey for a bagel spread.

2 Mix into pizza sauce for a boost of flavor on your pie.

3 Combine with mashed chipotle in adobo, lime juice and sour cream for a creamy taco topping.

4 Stir into applesauce with cinnamon and brown sugar for extra fall flavor.

5 Making lasagna? Dollop over the ricotta.

6 Add to your favorite chili recipe to help thicken it.

7 Swirl into banana "nice cream" with pumpkin pie spice for a healthy treat.

8 Add a few tablespoons to your smoothie for a bit of earthy creaminess.

9 Whisk with Dijon mustard, extra-virgin olive oil, cider vinegar and sage for a creamy (without the cream!) salad dressing.

10 Mix a spoonful with a squeeze of lemon juice and swirl into hummus for a flavor boost.

11 Whisk with half-and-half, honey, cinnamon and nutmeg. Freeze in ice cube trays to use in your next latte.

12 Mix with nut butter to spread on top of your waffle or pancakes. Drizzle with a touch of maple syrup.

13 Stir into your oatmeal along with pumpkin pie spice and toasted pecans.

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Chipotle Chicken Empanadas

Ingredients

For Empanadas:

1 pkg. (11.6 oz.) GOYA® Empanada Dough – Pu Pastry for Baking, thawed

2 cups shredded cooked chicken

⅔ cup GOYA® Tomato Sauce

2 peppers, finely chopped, from 1 can GOYA® Chipotle Peppers in Adobo Sauce

¼ cup fresh cilantro, chopped

1 cup shredded Mexican cheese blend

1 egg, beaten with 2 teaspoons water

For Cilantro Crema:

½ cup sour cream

¼ cup fresh cilantro, chopped

1 tsp. grated lime zest

¼ tsp. GOYA® Adobo All-Purpose Seasoning with Pepper

For step-by-step instructions, visit goya.com/chickenempanadas

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GREETINGS FROM LITTLE HAVANA

If you want to explore Cuban culture in the U.S., there's no better place than Miami—nearly half of all Cuban Americans call it home. So when Padma Lakshmi went there to film an episode of her critically acclaimed TV show *Taste the Nation*, we knew we had to tag along.

By Carlos Frias

Little Havana remains the heart of the Cuban diaspora in the U.S. even though tourists have discovered it.

RECIPES BY ANA SOFÍA PELÁEZ
FOOD PHOTOGRAPHY BY PENNY DE LOS SANTOS
LOCATION PHOTOGRAPHY BY PASSION WARD AND ANGEL VALENTIN

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Miami

Not long ago, Padma Lakshmi found herself sitting between two Cuban tíos with drastically di erent life experiences—and viewpoints—at Monica León's dining room table in Miami. This, she learned, was not uncommon. The city's largest, most-visible immigrant community is often painted with a broad brush: conservative, Republican, hard-line. The truth is that even within families, perspectives can be very di erent.

Lakshmi's Hulu show, *Taste the Nation*, uses food as the catalyst to reveal the nuanced views within Indigenous and immigrant communities. She was curious to explore Cuban food, yes, but more importantly, Cuban culture in South Florida. So León, a Cuban American chef who owns Caja Caliente in Coral Gables, invited Lakshmi to dinner with her extended family.

At one end of the table was Leon's Tío Jorge, a staunch conservative who arrived wearing a MAGA cap. A matador waving a red hat. "What? I thought it would make a good conversation-starter," he told León.

At the other end, Tío Cha Chá sat quietly. It took Lakshmi a long time to get him to open up, through a translator, and explain how the Cuban government had intimidated him into leaving his successful tailoring business because he was gay. He boarded a stranger's boat in 1980 and was dropped o alone in Key West, a victim of Cuba's totalitarian quest to stamp out individuality, including those who identify as LGBTQ.

And between them, a whole roasted pig. It had been cooked in a contraption known in Miami as the "caja china," a wooden box on wheels where coal fires the meat indirectly from above. The fall-apart roasted pork and accompanying tender boiled yuca were bathed in the same garlicky sour-orange mojo and served with heaping helpings of black-and-white congri (beans and rice).

The family disagreed on everything from U.S. immigration policy to taxes. But they spoke openly in a way they knew they never could in Cuba. Decades-old stories came pouring out. One uncle recalled celebrating "silent Christmases," keeping their religious Nochebuena meal a secret in the aggressively secular state. An aunt sobbed through the tale of rafting to America with her two toddlers. Yet that night, amid gregarious laughter and tears, those di erent Cuban narratives lived side by side.

"The hat was a gift from God because it allowed us to have complex conversations," Lakshmi said later. "Cubans want to assert they are not dependent on the state because it took so much of the things they built. But around the table, they exchanged those stories with tears in their eyes."

Nearly half a million Cubans fled the island between New Year's Day 1959—when the late dictator Fidel Castro grabbed power—and the end of 1973. During that time, the U.S. ran twice-daily humanitarian Freedom Flights from Varadero to Miami. Cubans who

Monica León chef-owner of Caja Caliente and her mother Guadalupe Estupinán show Lakshmi how they render pork fat.

"There is a sense of both sorrow and joy—because Cubans are a people of three places: a Cuba lost but never forgotten, the Cuba that exists today, and Cuba rebuilt in Miami. But Cuban Americans are also building the future of their people. It just takes time." —Padma Lakshmi

were denied exit visas, desperate to spare their children from communism, sent more than 14,000 unaccompanied minors to the U.S. as part of Operation Peter Pan. Within a generation, Cubans remade the city of Miami, establishing themselves in everything from small businesses to local government and sprouting a branch of Cuba's evolutionary tree separate from the island.

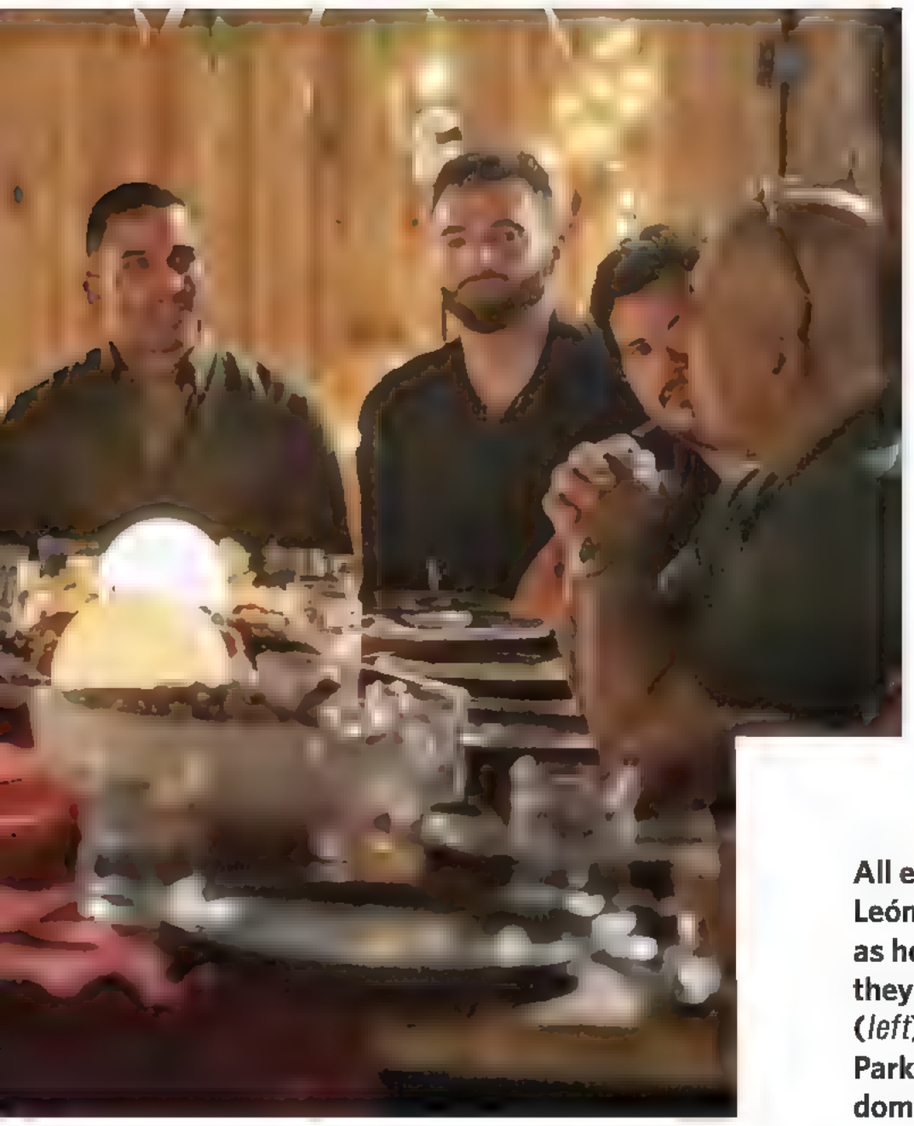
But Cubans continued coming in waves separated by generations—125,000 in 1980 alone and tens of thousands more during the 1990s and early 2000s after the Soviet Union, Cuba's longtime sponsor, fell. Each group brought their own food traditions and world views.

After that boisterous dinner, Lakshmi went to visit Ana Sofía Peláez, author of *The Cuban Table*. In her suburban Miami kitchen, they browned beef, scarce in Cuba for anyone but tourists these days, to make picadillo, a dish simmered with garlic and onion, spiced with cumin and oregano, tangy with green olives and capers, sweet with plump raisins. Lakshmi learned that because of Castro-era food shortages in Cuba, many traditional dishes only exist in Miami in their truest form, a pre-revolution menu frozen in time. "In Miami, you have so much abundance and variety that you don't find in Cuba right now," Peláez said as they stuffed picadillo into tostones (fried green plantains) that they'd cooked into shell shapes *(see recipe, page 64)*.

The co-founder of the Miami Freedom project, which advocates for progressive policies within the area's diverse communities, Peláez admitted the Cuban American dinner table had become a more treacherous place over the last four years. The party affiliations that split America also caused tension within Cuban families here. An older generation of mostly Republican voters still takes a hard line against rapprochement with Cuba. And younger Cuban Americans, more of whom are voting Democrat, want to see more progressive policies. But there is still one issue that brings them together: "Libertad for Cuba!"

Recent protests on the island sparked demonstrations in Miami that unified Cubans and Cuban Americans regardless of political leanings. And that's the messy, complex story that Lakshmi found sitting around Miami's Cuban table. "I found a community that is passionate, that is diverse," Lakshmi said, "and they're excited to tell their stories with so many colors."

CARLOS FRÍAS *is the James Beard Award-winning food editor of the* Miami Herald. *He's also the author of* Take Me with You: A Secret Search for Family in a Forbidden Cuba.



All eyes are on one of León's tíos, Jorge Estupinán, as he gives thanks before they dig in to their feast (*left*). At Miami's Domino Park, Cubans gather to play dominoes (*right*).

Lechon Asado (Roast Pork)

ACTIVE: 40 min **TOTAL:** 14 hrs (including 4 hrs marinating time)
EQUIPMENT: Heavy-duty foil

Roasting a whole pig is an event in and of itself and something typically reserved for holidays and celebrations. This oven-roasted version made with pork shoulder is simple enough for any occasion.

- **2½ cups sour orange juice, divided** *(see Tip)*
- **6 large cloves garlic, smashed and peeled, plus 6 large cloves, finely chopped**
- **2 tablespoons kosher salt plus 1 teaspoon, divided**
- **1 tablespoon ground cumin (optional)**
- **1 tablespoon dried oregano**
- **2½ teaspoons ground pepper, divided**
- **1 7- to 8-pound bone-in, skin-on pork shoulder**
- **2 tablespoons chopped fresh oregano**
- **½ cup lard *or* extra-virgin olive oil**

1. Combine 2 cups orange juice, smashed garlic, 2 tablespoons salt, cumin (if using), dried oregano and 2 teaspoons pepper in a blender and puree.
2. Place pork in a large roasting pan. Using a sharp paring knife, make deep cuts into the meat only, without scoring the skin. Pour the marinade over the pork. Cover and refrigerate, turning the pork several times, for at least 4 hours or up to overnight.
3. Let the pork stand at room temperature for 1 hour before cooking. Preheat oven to 325°F.
4. Turn the pork skin-side up and pat the meat dry. Cover with heavy-duty foil. Roast until the pork is fork-tender and an instant-read thermometer inserted in the thickest part registers at least 170°, about 8 hours.
5. Drain the liquid from the pan; discard. Increase oven temperature to 425°. Roast the pork, uncovered, until the fat is rendered and the skin is crispy, 30 to 45 minutes more. Let rest for 15 minutes.
6. Meanwhile, mash the chopped garlic, remaining 1 teaspoon salt and ½ teaspoon pepper into a paste in a mortar and pestle or with a fork. Transfer to small saucepan. Whisk in the remaining ½ cup orange juice and fresh oregano. Heat lard (or oil) in another small saucepan over medium heat until warm, about 5 minutes. Quickly and carefully, pour the lard (or oil) into the juice mixture. Do this in one motion and cover immediately. Let stand for 2 minutes.
7. Carve the pork or break into chunks and drizzle with the sauce.

SERVES 16: 3 oz. pork each
Cal 315 **Fat** 24g (sat 9g) **Chol** 88mg **Carbs** 2g **Total sugars** 1g (added 0g) **Protein** 22g **Fiber** 0g **Sodium** 242mg **Potassium** 348mg.

TIP: Sour oranges, also known as bitter or Seville oranges, are at their peak late fall through early spring. Or look for shelf-stable bottles of juice in well-stocked grocery stores, at Latin markets or online.

Tostones Stu ed with Beef Picadillo

ACTIVE: 40 min **TOTAL:** 55 min

TO MAKE AHEAD: Refrigerate picadillo (Step 1) for up to 3 days or freeze for up to 3 months.

EQUIPMENT: Candy thermometer

Many Cuban American families make picadillo for dinner on a weekly basis. Here it's eaten as an appetizer, piled on flattened, fried plantains (tostones). You can also create little cups with the tostones to cradle the filling using a special press called a tostonera, which can be found online or in Latin market. (Photo: page 1.)

PICADILLO

- **2 tablespoons extra-virgin olive oil**
- **1 small onion, chopped**
- **½ large green bell pepper, chopped**
- **1 large clove garlic, minced**
- **½ teaspoon dried oregano**
- **½ teaspoon kosher salt**
- **¼ teaspoon ground cumin**
- **⅛ teaspoon ground pepper**
- **1 tablespoon tomato paste**
- **8 ounces lean ground beef**
- **½ cup diced tomatoes**
- **2 tablespoons dry white wine**
- **5 pimiento-stuffed green olives, halved**
- **2 tablespoons raisins**
- **1½ teaspoons capers, rinsed**
- **1½ teaspoons sherry vinegar**

TOSTONES

- **2 cups grapeseed *or* canola oil for frying**
- **3 large green plantains, peeled *(see Tip)* and cut into 2-inch pieces**
- **¼ teaspoon coarse sea salt**
- **Finely chopped fresh parsley & oregano for garnish**

1. To prepare picadillo: Heat olive oil in a medium skillet over medium heat until shimmering. Add onion, bell pepper, garlic, oregano, kosher salt, cumin and pepper and cook, stirring occasionally, until the onion is translucent, 6 to 8 minutes. Add tomato paste and cook, stirring, for 1 minute. Increase heat to high and add beef. Cook, breaking up chunks with a wooden spoon, until no longer pink, about 6 minutes. Stir in tomatoes, wine, olives, raisins and capers. Reduce heat to maintain a simmer, cover and cook, stirring occasionally, until slightly thickened, 10 to 15 minutes. Remove from heat and stir in vinegar.

2. Meanwhile, prepare tostones: Heat grapeseed (or canola) oil in a small saucepan to 350°F on a candy thermometer. Fry plantains, in batches, until just starting to brown, 2 to 3 minutes. Transfer to a paper-towel-lined plate. Let cool for 5 to 10 minutes. Using a tostonera, a tortilla press or the bottom of a mason jar, smash each plantain piece. Fry the pieces a second time, in batches, until crisp, about 3 minutes. Return to the paper-towel-lined plate. Sprinkle with sea salt.

3. Fill or top each tostone with about 2 tablespoons picadillo. Serve garnished with parsley and oregano, if desired.

SERVES 12: 1 stuffed tostone each
Cal 179 **Fat** 11g (sat 2g) **Chol** 12mg **Carbs** 17g **Total sugars** 8g (added 0g) **Protein** 5g **Fiber** 1g **Sodium** 198mg **Potassium** 347mg.

TIP: Run each plantain under warm water before peeling. Using a sharp knife, trim the ends and score lengthwise along the peel. Remove the peel in sections.

Yuca con Mojo

ACTIVE: 20 min **TOTAL:** 45 min

The starchy root of the cassava plant, yuca (pronounced YOO-ca) is a staple vegetable throughout the equatorial world. Its slightly sweet flesh is dry and fluffy and absorbs sauces, like the mojo here, beautifully. (Photo: page 62.)

- **3 pounds yuca (thawed if frozen), peeled and cut into 2-inch chunks**
- **8 cups water**
- **1 tablespoon kosher salt plus 1 teaspoon, divided**
- **6 large cloves garlic**
- **¼ teaspoon ground pepper**
- **1 large yellow onion, thinly sliced into rounds**
- **½ cup sour orange juice *(see Tip page 63)***
- **2 tablespoons finely chopped fresh oregano**
- **½ cup extra-virgin olive oil**

1. Combine yuca, water and 1 tablespoon salt in a large saucepan and bring to a boil. Reduce heat to maintain a low simmer, cover and cook until tender, 15 to 25 minutes. Drain and let cool for 5 minutes. Cut the yuca pieces in half lengthwise and remove the fibrous core. Place on a serving platter.

2. Meanwhile, using a mortar and pestle or fork, mash garlic, pepper and the remaining 1 teaspoon salt into a paste. Transfer to a large deep skillet with a lid and add onion, orange juice and oregano; toss to coat.

3. Heat oil in small saucepan on medium heat until glistening. Quickly and carefully, pour the hot oil over the onion mixture in the skillet. Do this in one motion and cover with the lid immediately. Let stand off the heat until the oil stops bubbling and spurting, 3 to 5 minutes. Pour over the yuca and serve immediately.

SERVES 12: ½ cup each
Cal 277 **Fat** 10g (sat 1g) **Chol** 0mg **Carbs** 46g **Total sugars** 3g (added 0g) **Protein** 2g **Fiber** 2g **Sodium** 237mg **Potassium** 352mg.

Ropa Vieja (Shredded Beef Stew)

ACTIVE: 40 min **TOTAL:** 2 hrs

This Cuban stew's name literally translates as "old clothes." Legend has it that a poor man, with nothing to feed his family, shredded and cooked his old clothes. He prayed as they bubbled away in a pot, and they miraculously transformed into a delicious stew.

BEEF

- **2 pounds flank steak *or* brisket, cut into 4 pieces**
- **1 large yellow onion, quartered**
- **1 large carrot, peeled and cut into 1-inch pieces**
- **½ small red cabbage, quartered**
- **½ bunch fresh parsley, trimmed, plus ½ cup leaves for garnish**
- **2 sprigs fresh mint**
- **4 large cloves garlic, crushed**
- **1 teaspoon whole allspice berries**
- **½ teaspoon whole cloves**
- **2 bay leaves**
- **1 teaspoon kosher salt**
- **1 teaspoon whole black peppercorns**
- **6 cups water**

SAUCE

- **¼ cup extra-virgin olive oil**
- **1 large onion, thinly sliced**
- **1 large green bell pepper, thinly sliced**
- **4 large cloves garlic, crushed**
- **½ teaspoon ground allspice**
- **⅛ teaspoon ground cloves**
- **½ teaspoon salt**
- **½ teaspoon ground pepper**
- **1 28-ounce can tomato puree**
- **¼ cup dry white wine**
- **1 bay leaf**
- **1 cup sliced roasted red peppers, rinsed**

1. To prepare beef: Combine beef, quartered onion, carrot, cabbage, parsley, mint, garlic, allspice berries, whole cloves, 2 bay leaves, 1 teaspoon salt and peppercorns in a large pot. Add water, cover and bring to a boil. Adjust

Ropa Vieja

Pastelitos de Guayaba

heat to maintain a simmer and cook, covered, until the beef is fork-tender, 1½ to 2 hours.
2. Remove from heat and let the beef cool in the broth for 1 hour. Reserve ½ cup broth, then drain the beef. Discard the vegetables, herbs and spices. Shred the beef and set aside.
3. To prepare sauce: Heat oil in a large skillet over medium heat. Add onion and bell pepper and cook until soft and translucent, 6 to 8 minutes.
4. Meanwhile, using a mortar and pestle or fork, mash garlic, allspice, cloves, salt and pepper into a paste.
5. Add the garlic paste to the pan and cook, stirring, until fragrant, about 2 minutes. Add the reserved ½ cup broth, tomato puree, wine and bay leaf and bring to simmer. Add the beef and reduce heat to low. Cover and cook until the sauce thickens slightly, 15 to 20 minutes.
6. Discard the bay leaf. Stir in roasted peppers. Serve the stew garnished with chopped parsley, if desired.

SERVES 8: 1 cup each
Cal 326 Fat 14g (sat 4g) Chol 78mg Carbs 18g Total sugars 7g (added 0g) Protein 28g Fiber 3g Sodium 465mg Potassium 940mg.

Moros y Cristianos
(Black Beans & Rice)

ACTIVE: 35 min TOTAL: 1 hr 20 min
(plus bean-soaking time)
TO MAKE AHEAD: Refrigerate cooked beans in their liquid (Steps 1-2) for up to 2 days.
The ingredients in this dish reference the long-fought war in Spain between the Moors (represented by black beans) and Christians (white rice)—and in the pot they find harmony. It was brought to Cuba by the Spanish and has long been a staple in the island s homes and restaurants. Tocino is salt-cured pork belly—look for it in Latin markets. (Photo: page 62.)

- 1¼ cups dried black beans (8 ounces) picked over
- 4 cups water plus more as needed
- 1 large green bell pepper chopped divided
- 1 small white onion chopped divided
- 4 large cloves garlic crushed divided
- 2 teaspoons extra-virgin olive oil plus 1 tablespoon divided
- 2 bay leaves divided
- 2 ounces tocino ***or*** bacon cut into 1-inch pieces
- 2 ounces boneless pork shoulder cut into 1-inch pieces
- 1¼ teaspoons kosher salt
- ¼ teaspoon dried oregano
- ¼ teaspoon ground pepper
- teaspoon ground cumin
- 2 tablespoons dry white wine
- 1 cup long-grain white ***or*** brown rice

1. Combine beans and 4 cups water in a large pot; soak overnight. *(Alternatively combine beans and water in a large pot and bring to a boil. Boil for 2 minutes. Remove from heat and let stand covered for 1 hour.)*
2. Bring the beans in their soaking water to a boil over high heat. Add ½ bell pepper, ½ onion, 2 cloves garlic, 2 teaspoons oil and 1 bay leaf and adjust heat to maintain a low simmer. Cover and cook, skimming foam regularly and adding more water as needed to keep the beans covered, until the beans are just tender, 45 minutes to 1 hour.
3. Meanwhile, cook tocino (or bacon) in a large skillet over medium heat until the fat has rendered, about 5 minutes. Transfer to a plate and set aside. Add the remaining 1 tablespoon oil to the pan and heat until shimmering. Add pork and cook, stirring occasionally, until browned, 3 to 5 minutes. Transfer the pork to a plate and set aside. Remove all but 1 tablespoon oil and drippings from the pan, then add the remaining bell pepper and onion. Cook the sofrito until soft, translucent and fragrant, 6 to 8 minutes.
4. Using a mortar and pestle or with a fork, mash the remaining 2 cloves garlic, salt, oregano, ground pepper and cumin into a paste. Add to the pan and cook until fragrant, 3 to 5 minutes. Add wine and cook, stirring to scrape up any browned bits. Remove from heat.
5. When the beans are done, drain over a large measuring cup or bowl; discard the bay leaf. Return the beans to the pot along with 1½ cups cooking liquid if using white rice or 2 cups if using brown rice. (Reserve the remaining cooking liquid.) Add the sofrito, the remaining bay leaf and the reserved pork to the beans. Bring to a simmer over medium heat. Add rice and reduce heat to low. Cover and cook, adding more of the reserved cooking liquid as needed, until the rice is tender, 25 to 35 minutes.
6. Let stand for 15 minutes before serving. Discard the bay leaf and sprinkle with the reserved tocino (or bacon).

SERVES 8: ⅔ cup each
Cal 248 Fat 4g (sat 1g) Chol 7mg Carbs 41g Total sugars 3g (added 0g) Protein 10g Fiber 3g Sodium 349mg Potassium 121mg.

Pastelitos de Guayaba
(Guava Pastries)

ACTIVE: 20 min TOTAL: 1 hr 10 min
EQUIPMENT: Parchment paper
These flaky pastries are served with coffee at ventanitas (coffee windows) throughout Miami.

- 2 sheets frozen puff pastry dough (8½ ounces each) thawed cold
- All-purpose flour for rolling
- 1 large egg beaten with 1 tablespoon water for egg wash
- 1 cup guava paste
- ¼ cup granulated sugar
- ¼ cup water

1. Preheat oven to 400°F. Line a rimmed baking sheet with parchment paper.
2. Roll out 1 sheet of puff pastry on a lightly floured work surface into a 12-inch square, ⅛ inch thick. Place on the prepared pan. Brush with egg wash. Liberally prick the dough all over with a fork. Using a sharp knife, lightly score 16 squares (3-by-3-inch). Spoon 1 scant tablespoon guava paste in the middle of each square, leaving a 1-inch border. Roll out the second sheet of puff pastry into a 12-inch square. Carefully lay it on top of the first sheet and press around each mound of filling to seal. Brush the top with the egg wash. Using a small knife or pastry wheel, cut the dough into the 16 squares (there's no need to separate the pieces before baking). Refrigerate for 20 to 30 minutes.
3. Bake the pastries, rotating the pan from front to back halfway through, until golden brown, about 25 minutes.
4. Meanwhile, bring sugar and water to a boil in a small saucepan over medium heat. Cook, stirring occasionally, until the sugar dissolves, about 5 minutes. Remove from heat.
5. Immediately brush the hot pastries with the sugar syrup. Let cool for 10 minutes. Cut the pastries along the score lines and transfer to a wire rack. Serve warm or at room temperature.

SERVES 16: 1 pastry each
Cal 226 Fat 8g (sat 4g) Chol 12mg Carbs 41g Total sugars 23g (added 23g) Protein 3g Fiber 2g Sodium 119mg Potassium 4mg.

ANA SOFÍA PELÁEZ *is a writer and activist. These recipes are adapted from her James Beard Award-nominated cookbook* The Cuban Table. *Find her on Instagram at @miamifreedomproject.*

STYLING: MARIANA VELASQUEZ (FOOD) VANESSA VAZQUEZ (PROPS)

plant empowered

Eight chefs discuss the deep roots of veganism in Black culture and in their own lives plus share some amazing recipes.

*By Rachel Stearns * Portraits by Chris Charles * Food photography by Brittany Conerly*

San Francisco chefs Rheema Calloway (left) *and Ronnishia Johnson veganize soul food and American classics like their Cajun Sucka-free-tash* (opposite recipe page 76) *which is loaded with bell peppers yam kale and okra.*

Way back in 2016, a Pew Research Center report on Americans' perception of healthy eating sparked a wave of articles that hasn't stopped rolling five years later. The media zeroed in on one particular statistic: that 8% of Black adults follow a strict vegan or vegetarian diet compared to just 3% of the overall U.S. population. This fact—which surprised many who viewed eating plant-based as a wealthy "white-people thing"—was less shocking to others. "There are probably many factors that contributed to that number—certainly some of them are recent and political and social," says culinary historian Jessica B. Harris, Ph.D. "But beyond that, people tend to forget that much of the traditional African diet is plant-based." Today, many Black chefs around the U.S. are eliminating animal products, whether their families passed down this lifestyle or they've adopted it. (And recent data suggests that veganism—or at least flexitarianism—is here to stay. A 2019 Gallup Poll found that 31% of non-white Americans and 19% of white people reported eating less meat than the year before.) *EatingWell* spoke with eight chefs living the movement. They've cooked in their grandmas' kitchens and on the line at high-end restaurants, and they're pushing the limits of what vegan food looks like. (As one chef, Makini Howell, puts it: "It's not just a grain bowl.") And they've got lines out the door. Here, they share some of their signature recipes and tell us, in their own words, what vegan food means to them.

Louis Hunter (opposite) *is new to the plant-based lifestyle. "For 38 years, what I was consuming wasn't good for my body," he says. His walnut tacos* (recipe page 77) *are a satisfying beginner-friendly dish.*

Louis Hunter

Owner, Trio Plant-Based, Minneapolis, MN

"In 2016, I got pulled over and charged with throwing Molotov cocktails at police at a protest I had attended—a felony. I was facing 20 years of prison. It was a really bad moment in my life. At the time, I had a landscaping business and the truck I used was taken from me. Then, a week later, I got evicted from my apartment due to my case. I fought the charges for a year and a half because I didn't do the crime, and God blessed me and all of the charges were dropped before trial.

"After that, two of my friends, Dan and Sarah Woodcock, helped me rebuild my life. One day we were talking about business ideas, and I told Sarah I wanted to open a restaurant. Growing up in an African American family, I was always involved in cooking; as a kid, you gotta go pick greens, you gotta peel potatoes, stu like that. So we decided on a vegan food pop-up and I just turned it on and picked up the speed and made it taste like I wanted it to taste. I wanted greens, yams, cornbread, mac and cheese. I missed lemon-pepper chicken wings, so I made cauliflower 'wings.' I made them a trend here in Minnesota.

"Now, I own Trio—it's the first Black-owned plant-based restaurant in the state. It gets overwhelming sometimes, but don't get me wrong, it's a major blessing. Some of the recipes we use are based on my family recipes. We put a whole lot of love in our food. The community showed me love and I just want to give it back any way I can."

Mimi Williams

Former owner, Counterpart, Los Angeles, CA

"I decided to go to culinary school in my early 20s. My daughter was still very young at the time, and it was difficult because I was working full time and also a full-time student. Along the way, I had to make a lot of choices and sacrifices, but one thing that I wasn't able to sacrifice was the integrity I felt for vegan food. I apply all of what I've learned to my dishes now. One of my famous fried 'chicken' recipes uses a laminated dough technique used with croissants and puff pastry. I combine homemade seitan with tofu and spices, roll it out and layer it, yielding flaky, melt-in-your-mouth 'meat.'

"My daughter is the center of my world; she's about to be 13. It's exciting to hear her ask for things that are plant-based—and wonderful to see youth in general accepting different ways of eating. I listen to my daughter talking with her friends and she's like, 'Look at this dish—it's cauliflower but it looks like chicken.' She's not the kid that wants McDonald's. I always joke that I ruined her palate from an early age. She's definitely my child and she understands that there's so much more in the world than pizza and Takis."

This spice cake (left recipe page 77) *by Mimi Williams* (above) *is proof that dietary restrictions do not mean disappointing desserts. Aaron Beener* (opposite left) *says his mother, Chef B* (right), *is a matriarch in their community. She created the cauliflower bites below* (recipe page 77).

Aaron & Brenda "Chef B" Beener

Owners, Seasoned Vegan, Harlem, NY

CHEF B: "My mother used to say, 'Don't step to the stove or let anyone cook food for you who's not happy.' So, to cook the food, you had to be in a happy spirit. Any food I make, whether it's Italian, Asian, African, American or Caribbean, I approach it with the same type of love. I never wanted my food to be looked at as a vegan dish; I wanted it to be looked at as a delicious plate of food. And we won people over. They would say, 'This tastes like regular food!' Seniors come into the restaurant who are set in their ways and have been eating meat for 80—some of them 90—years. They say, 'I'm doing just fine, I'm a meat eater.' To have them enjoy my food, and to see them the following week—bringing their friends—that brings joy to me."

AARON: "For us, soul food is really more about the energy and less about the cuisine, so we consider Seasoned Vegan a soul food restaurant even though we have things on the menu that aren't considered Southern American staples. We've done pizza quesadillas, 'chicken' Parm sandwiches and bean burritos because we really want to show the community that vegan food is more than salad. But we want to do it in a way that feels familiar—the homestyle aspect of it, the family aspect of it, the healing aspect of it."

Troy Levy

Founder, Taste of Ital Jamaican, Brooklyn, NY

"I don't consider myself a vegan, but I definitely consider myself Ital. The difference is that veganism often utilizes processed foods. They process the soybeans to make tofu; they process this and that to make vegan chicken. With Ital [derived from the word "vital," a lifestyle based on the Rastafarian faith], we try to stay as natural to the Earth as possible. Everything that grows from the Earth—whether you pick fruit from a tree or you cut some kale or collard greens—it's high-vibrational food.

"Most people in the West, if they've heard about Ital, think that because it's just fresh produce, it doesn't have a lot of taste. So, my business is creating fine dining through an Ital lens. A recent menu had a salad with pomegranate, kale, Swiss chard and a carrot vinaigrette; fried oyster mushrooms topped with escovitch (one of the condiments I make from scratch); a meatless loaf with nuts and wild mushrooms; and a turmeric garlic mash on the side.

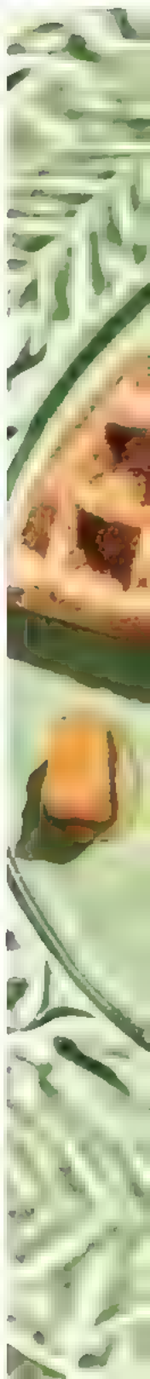
"When I was 18 and came to America from rural Jamaica, I lost my way for a little bit. I was so excited, seeing the fast food and everything, and I got as big as a house. And I realized it was definitely not healthy; I needed to go back to my roots. So I also cook Ital to educate people that food can be natural and good for you and still taste just as good."

Makini Howell

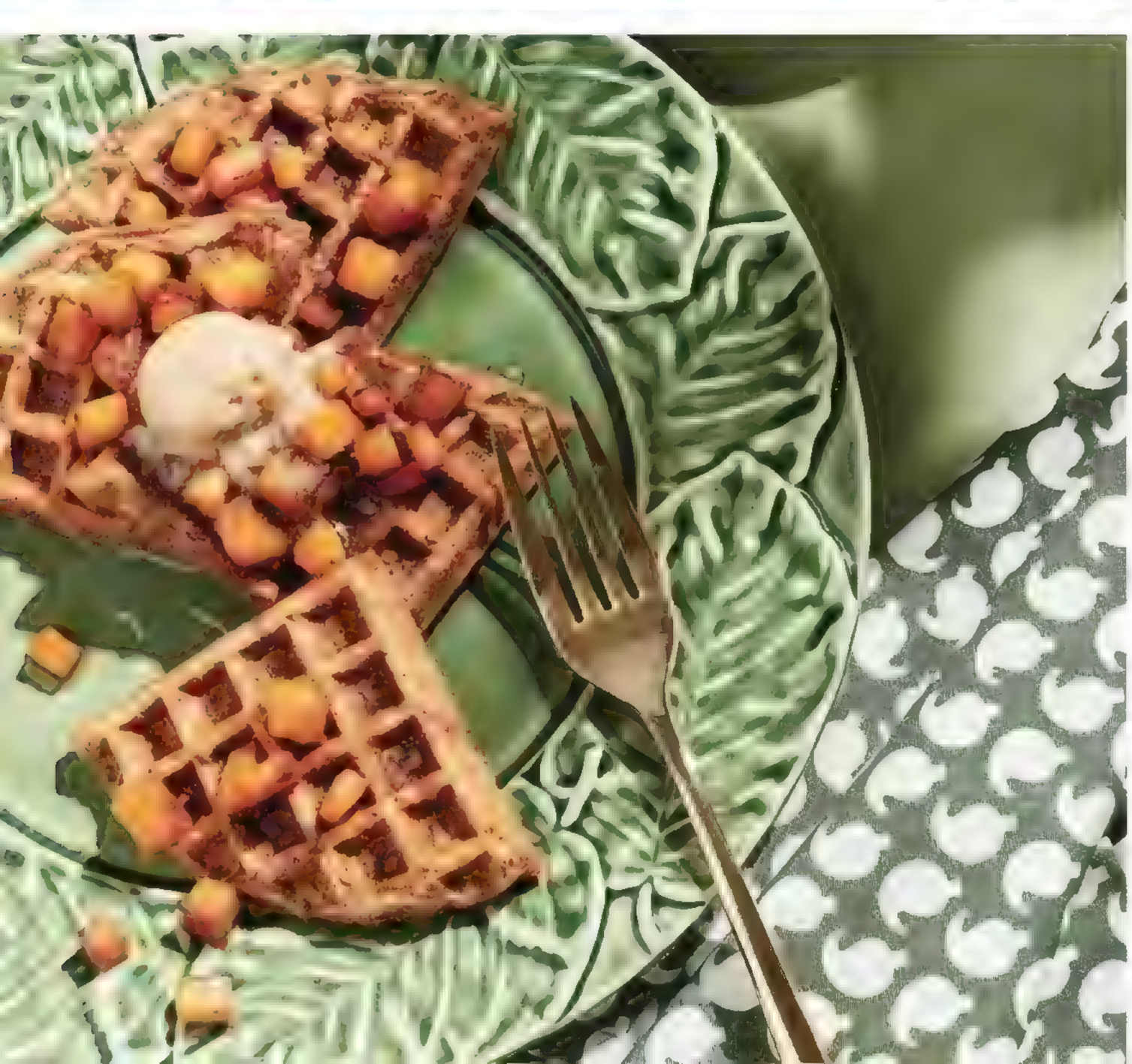
Owner, Plum Bistro and several o shoots, Seattle, WA

"Black people have been toiling at veganism for a very long time, and we need recognition too. My parents were doing it for 46 years. But it feels like when you are a person that is not white, you get pushed into a certain idea. Like, 'Why don't you style your food with kente cloth?' How about No! When you are a Black person, that does not mean you have to do something about the diaspora; you don't have to explore Africa to explore Black food. You don't! You can explore Alabama.

"I really believe the soul of America is in the South and that's why the food is so good. It's kind of tattered and battered and worn, but it's really beautiful and it's really delicious. My dad, who was from Alabama, would make hot-water cornbread in a cast-iron skillet; he would smoke tofu in mesquite wood over an open pit for hours, like old Southern folks would smoke meat. My mother made apple, peach and berry cobblers to literally die for. The goodness lies in the techniques, and those who do it well cook American food to perfection—meat- or plant-based."



Troy Levy (left) *makes a tartare that bursts with flavor from fresh mango, beet and avocado* (above recipe page 76). *Makini Howell* (right) *finds inspiration in the limitless possibilities of food. Butternut squash for brunch? Why not?*



Gingerbread Waffles with Caramelized Squash

ACTIVE: 40 min **TOTAL:** 50 min

EQUIPMENT: Waffle iron

Makini Howell's Plum empire in Seattle includes a fine-dining restaurant, salad-bar joint, dessert shop and food truck—to give people plenty of ways to try out plant-based eating. These aromatic waffles are a fall favorite at Plum Bistro.

- **1 tablespoon vegan butter, preferably unsalted, plus 4 tablespoons at room temperature, divided**
- **1 small butternut squash, peeled, seeded and cut into ¼-inch cubes**
- **Water as needed**
- **3 tablespoons brown sugar, divided**
- **1 tablespoon confectioners' sugar**
- **2⅛ teaspoons ground cinnamon, divided**
- **¾ cup all-purpose flour**
- **¾ cup whole-wheat flour**
- **1 tablespoon baking powder**
- **½ teaspoon salt**
- **1¼ cups unsweetened soymilk**
- **¼ cup canola oil**
- **1 tablespoon grated fresh ginger**
- **2 teaspoons molasses**
- **2 teaspoons vanilla extract**
- **Maple syrup for serving**

1. Melt 1 tablespoon butter in a large skillet over medium-high heat. Add squash and cook, stirring occasionally and adding water ¼ cup at a time if the pan seems dry, until the squash is tender and lightly browned, 12 to 14 minutes. Add 2 tablespoons brown sugar and cook until it melts, about 2 minutes more. Cover to keep warm and set aside.

2. Meanwhile, mix the remaining 4 tablespoons butter, confectioners' sugar and ⅛ teaspoon cinnamon in a small bowl until well blended. Set aside.

3. Preheat waffle iron.

4. Whisk all-purpose flour, whole-wheat flour, baking powder, salt and the remaining 1 tablespoon brown sugar and 2 teaspoons cinnamon in a large bowl. Whisk soymilk, oil, ginger, molasses and vanilla in a medium bowl. Add the wet ingredients to the dry ingredients and mix until combined.

5. Ladle enough of the batter into the hot waffle iron to cover about three-quarters of the surface (about ½ cup for an 8-inch-square waffle iron). Cook until the waffle is golden brown and crisp, 2 to 4 minutes. Repeat with the remaining batter. Serve the waffles with the reserved squash, the cinnamon butter and maple syrup, if desired.

SERVES 4: 1 waffle, ⅔ cup squash & 1 Tbsp. cinnamon butter each

Cal 555 **Fat** 29g (sat 13g) **Chol** 0mg **Carbs** 69g **Total sugars** 18g (added 14g) **Protein** 9g **Fiber** 7g **Sodium** 688mg **Potassium** 771mg.

STYLING: JERRELLE GUY (FOOD) KATHERINE KELLER (PROPS)

Rheema Calloway & Ronnishia Johnson

Owners, The Vegan Hood Chefs, San Francisco, CA

JOHNSON: "When we say the 'Hood,' it really speaks to our culture and resilience, but it also speaks to the populations that we are serving. As we were doing research and educating ourselves around the need for healthy food, we recognized that a lot of fast food and other companies that contribute to food-related illnesses (like type 2 diabetes and heart disease) target specifically African Americans and other communities of color. Recent government statistics show that Black women in the U.S. have the highest rate of obesity—which can lead to these illnesses—of any other group. We were like, 'If they can target our communities to produce negative health outcomes, then we can directly target our same communities by providing access to healthy foods.'"

CALLOWAY: "When we first started our business, we did cooking classes, and it was very special because we were cooking with elders—the folks who were cooking for their families and passing down remedies and recipes. A lot of food-related illnesses come from some of the meat- and dairy-heavy foods that we have traditionally been eating out of survival, like fried pork chops and fried chicken, chitterlings and mac n' cheese, so we were able to work with mothers and grandmothers and show them healthier ways to create their families' favorite dishes."

JOHNSON: "Our food truck menus are based on soul food and American-style dishes. We have things like jackfruit wings, a Cajun oyster-mushroom po'boy, Solidarity Corn (a play on Mexican street corn), fried avocado tacos and the Black Power bowl, which is coconut rice, squash, massaged kale and oyster mushrooms either fried or sautéed. On Sundays, we do brunch: rotating dishes like peach cobbler French toast and 'chicken' & waffles—we get a huge turnout for that."

Cajun Sucka-free-tash

ACTIVE: 20 min **TOTAL:** 45 min

This dish was inspired by the food the Vegan Hood chefs were raised on cooked by grandmothers who hail from Louisiana. Ronnishia Johnson and Rheema Calloway put their spin on it by omitting the bacon packing it with veggies and adding coconut milk for body. (Photo: page 68.)

- **1 sprig fresh thyme**
- **1 tablespoon grapeseed oil**
- **1 medium red bell pepper, diced**
- **1 medium green bell pepper, diced**
- **1 medium yellow bell pepper, diced**
- **1 cup diced onion**
- **2 stalks celery, diced**
- **1 tablespoon Creole seasoning**
- **1 tablespoon garlic powder**
- **1 tablespoon onion powder**
- **1 teaspoon ground pepper**
- **¼ teaspoon salt**
- **2 14-ounce cans light coconut milk**
- **1 pound yam *or* sweet potato, peeled, if desired, and cut into ½-inch cubes**
- **1 cup no-salt-added fire-roasted diced tomatoes**
- **1 15-ounce can low-sodium black-eyed peas, rinsed**
- **1 cup chopped kale**
- **½ cup corn kernels**
- **½ cup sliced okra (fresh *or* frozen)**

1. Toast thyme in a large pot over medium heat until brown, about 4 minutes. Transfer to a plate and set aside. Add oil to the pot and heat over medium-high heat. Add bell peppers, onion and celery; cook, stirring occasionally, until browned, about 8 minutes.
2. Add Creole seasoning, garlic powder, onion powder, pepper and salt. Stir well to coat. Add coconut milk, yam (or sweet potato), tomatoes and the reserved thyme. Bring to a simmer. Adjust heat to maintain a simmer, cover and cook, stirring occasionally, until the yam (or sweet potato) is soft, 15 to 20 minutes.
3. Add black-eyed peas, kale, corn and okra; simmer until the vegetables are tender, about 5 minutes. Discard the thyme sprig before serving.

SERVES 6: 1⅓ cups each

Cal 237 **Fat** 9g (sat 6g) **Chol** 0mg **Carbs** 36g **Total sugars** 8g (added 0g) **Protein** 6g **Fiber** 7g **Sodium** 532mg **Potassium** 369mg.

Mango, Beet & Avocado Tartare with Plantain Chips

ACTIVE: 40 min **TOTAL:** 40 min

EQUIPMENT: Deep-fry or candy thermometer, 3¼-inch ring mold

This dish is a favorite of Chef Troy s and a perfect representation of his style. The use of fresh fruits and vegetables roots it firmly in Jamaican Ital cuisine while the layered presentation shows off the skills he picked up working in high-end restaurants in New York City. (Photo: page 74.)

PLANTAIN CHIPS

- **4 cups water**
- **1 teaspoon Himalayan pink salt**
- **1 green plantain, peeled and sliced lengthwise ⅛ inch thick**
- **1½ cups grapeseed oil**

TARTARE

- **1⅓ cups diced cooked beets**
- **4 teaspoons extra-virgin olive oil plus 1½ tablespoons, divided**
- **1 teaspoon Himalayan pink salt, divided**
- **2 medium ripe avocados**
- **2 firm ripe mangoes, cut into small cubes**
- **4 teaspoons minced shallot, divided**
- **2 teaspoons chopped jalapeño pepper, divided**
- **⅓ cup lemon *or* lime juice**
- **2 teaspoons pure maple syrup**

1. **To prepare plantain chips:** Combine water and salt in a large bowl. Add plantain and let soak for 5 minutes. Drain, separate the slices and pat them thoroughly dry.
2. Meanwhile, clip a deep-fry or candy thermometer to the edge of a medium saucepan. Add grapeseed oil and heat over medium-high heat until it reaches 350°F.
3. Using tongs, carefully add the plantain slices, one at a time, to the hot oil, stirring to keep them separated. Fry until golden brown, 2 to 4 minutes. Transfer to a paper-towel-lined plate.
4. **To prepare tartare:** Mash beets coarsely

with 2 teaspoons oil and ¼ teaspoon salt in a small bowl. Gently mash avocados with 1 teaspoon oil and ¼ teaspoon salt in another bowl. Combine mangoes, 1 teaspoon oil, 2 teaspoons shallot, 1 teaspoon jalapeño and ¼ teaspoon salt in a third bowl. Whisk lemon (or lime) juice, maple syrup and the remaining 1½ tablespoons oil, 2 teaspoons shallot, 1 teaspoon jalapeño and ¼ teaspoon salt in a small bowl.
5. Place a 3¼-inch ring mold on a serving plate. Press one-fourth of the beet mixture into the bottom of the mold. Add one-fourth of the avocado mixture and press flat. Top with one-fourth of the mango mixture and flatten the top. Gently pull the mold off. Rinse and dry the mold. Repeat to make 4 servings. Drizzle the dressing over each. Serve with the plantain chips.

SERVES 4: about 1¼ cups tartare & ¼ cup plantain chips each
Cal 506 **Fat** 32g (sat 4g) **Chol** 0mg **Carbs** 58g **Total sugars** 37g (added 2g) **Protein** 5g **Fiber** 12g **Sodium** 445mg **Potassium** 1,207mg.

Barbecue Cauliflower Bites

ACTIVE: 25 min **TOTAL:** 1 hr 5 min
EQUIPMENT: Parchment paper

For Brenda and Aaron Beener at New York City s Seasoned Vegan soul food is more than a type of cuisine—it s the practice of cooking with love. Serve these bites as a crowd-pleasing side or over a salad. (Photo: page 72.)

- **1¼ cups water**
- **¾ cup whole-wheat flour**
- **1 tablespoon granulated garlic**
- **1 tablespoon granulated onion**
- **¼ teaspoon salt**
- **⅛ teaspoon ground pepper**
- **2 cups panko breadcrumbs**
- **1 large head cauliflower, cut into bite-size florets (5-6 cups)**
- **1½ cups barbecue sauce**
- **Chopped fresh parsley for garnish**

1. Preheat oven to 450°F. Line a large rimmed baking sheet with parchment paper.
2. Whisk water, flour, granulated garlic, granulated onion, salt and pepper in a large bowl. Place panko in another bowl. Add cauliflower to the batter and toss to coat. Remove the florets, one by one, and tap off excess batter. Roll in the breadcrumbs and place on the prepared pan.
3. Bake for 15 minutes. Flip the cauliflower; bake until brown and crispy, about 10 minutes more.
4. Toss the cauliflower with barbecue sauce in a large bowl, then return to the pan. Bake until crispy, about 15 minutes more. Garnish with parsley, if desired.

SERVES 9: about 1 cup each
Cal 117 **Fat** 1g (sat 0g) **Chol** 0mg **Carbs** 26g **Total sugars** 8g (added 5g) **Protein** 6g **Fiber** 3g **Sodium** 393mg **Potassium** 233mg.

Walnut Tacos

ACTIVE: 15 min **TOTAL:** 15 min

At Trio in Minneapolis Louis Hunter uses walnuts as a protein-rich substitute for ground beef to make these tacos. The ground nuts mimic the texture of meat quite nicely. (Photo: page 70.)

- **2¼ cups walnut halves**
- **2 teaspoons ground cumin**
- **2 teaspoons garlic powder**
- **2 teaspoons onion powder**
- **1½ teaspoons paprika**
- **½ teaspoon salt**
- **2-3 teaspoons cider vinegar**
- **1 teaspoon reduced-sodium tamari**
- **1 15-ounce can no-salt-added black beans, rinsed**
- **2 cups shredded iceberg lettuce**
- **1 cup diced tomato**
- **½ cup diced onion**
- **½ cup fresh salsa *or* pico de gallo**
- **8 corn tortillas, warmed**
- **4 tablespoons vegan sour cream (optional)**

1. Place walnuts in a food processor and pulse until finely chopped, but not ground. Add cumin, garlic powder, onion powder, paprika and salt. Pulse just until blended. Transfer to a large skillet; toast over medium heat until heated through and fragrant, about 5 minutes. Add vinegar to taste and tamari and mix well.
2. Serve the walnut mixture, beans, lettuce, tomato, onion and salsa (or pico de gallo) in tortillas. Top with sour cream, if desired.

SERVES 4: 2 tacos each
Cal 631 **Fat** 40g (sat 4g) **Chol** 0mg **Carbs** 62g **Total sugars** 8g (added 0g) **Protein** 19g **Fiber** 14g **Sodium** 537mg **Potassium** 704mg.

Walnut Spice Cake with Butterscotch Pears

ACTIVE: 50 min **TOTAL:** 1½ hrs
EQUIPMENT: Parchment paper

Mimi Williams grew up baking with her mom and came to appreciate the nurturing aspect of it. This comforting cake—fragrant with warm spices and topped with caramelized pears and coconut cream—is lick-your-plate good. (Photo: page 72.)

CAKE

- **¼ cup mashed cooked yam *or* sweet potato**
- **1½ cups unsweetened plain oat milk**
- **½ cup unsweetened applesauce**
- **2 teaspoons distilled white vinegar**
- **1¾ cups plus 2 tablespoons all-purpose flour**
- **2½ teaspoons baking powder**
- **1 teaspoon baking soda**
- **1 teaspoon ground cinnamon**
- **½ teaspoon ground cardamom**
- **½ teaspoon salt**
- **¼ teaspoon ground nutmeg**
- **⅛ teaspoon ground pepper**
- **1¾ cups plus 2 tablespoons spelt flour**
- **12 tablespoons (1½ sticks) vegan butter, at room temperature**
- **1 cup granulated sugar**
- **1½ tablespoons vanilla extract**
- **¾ cup chopped walnuts, toasted**
- **Zest of 1 orange**

BUTTERSCOTCH PEARS

- **2 tablespoons vegan butter**
- **4 firm ripe pears, quartered and cored**
- **¾ cup pear *or* apple cider**
- **¼ cup packed light brown sugar**
- **½ teaspoon lemon juice**
- **⅛ teaspoon salt**
- **¼ cup unsweetened coconut cream**
- **1 teaspoon vanilla extract**

COCONUT CREAM

- **½ cup unsweetened coconut cream**
- **2 tablespoons sifted confectioners' sugar**

1. **To prepare cake:** Preheat oven to 350°F. Coat a 9-by-5-inch loaf pan with cooking spray. Line the bottom with parchment paper and coat the paper with cooking spray.
2. Whisk yam (or sweet potato) in a medium bowl until completely smooth. Whisk in oat milk, applesauce and vinegar. Sift all-purpose flour, baking powder, baking soda, cinnamon, cardamom, ½ teaspoon salt, nutmeg and pepper into another medium bowl. Whisk in spelt flour.
3. Beat 12 tablespoons butter, granulated sugar and 1½ tablespoons vanilla in the bowl of a stand mixer fitted with the paddle attachment until creamy, scraping down the sides as needed, 3 to 5 minutes. Add the wet ingredients and mix until combined. Add the dry ingredients, one-third at a time, and mix until well incorporated, scraping down the sides as needed. Stir in walnuts and orange zest. Scrape the batter into the prepared pan. Smooth the top.
4. Bake the cake until a toothpick comes out clean, about 1 hour. Let cool in the pan on a wire rack for 20 minutes. Loosen the edges and turn the cake out onto the rack to cool completely, about 20 minutes.
5. **Meanwhile, prepare pears:** Melt butter in a large skillet over medium heat. Add pears and cook, flipping once halfway, until golden, about 10 minutes. Transfer to a plate. Add cider, brown sugar, lemon juice and salt to the pan; cook, stirring occasionally, until the sauce thickens, about 5 minutes. Stir in ¼ cup coconut cream and cook for 3 minutes. Return the pears to the pan and turn to coat. Remove from heat and add vanilla; mix gently with a flexible spatula. Let cool for 10 minutes.
6. **To prepare cream:** Whisk coconut cream and confectioners' sugar in a small bowl.
7. Slice the cake; serve with the pears and cream.

SERVES 16: 1 slice cake, ¼ pear & 1½ tsp. cream each
Cal 362 **Fat** 16g (sat 11g) **Chol** 0mg **Carbs** 51g **Total sugars** 24g (added 17g) **Protein** 5g **Fiber** 4g **Sodium** 328mg **Potassium** 148mg.

Urban Burma s Ona Kao Sweh (Coconut Chicken Noodle Soup) page 84

How one Colorado doctor's mission to serve resettled refugees spawned a food hall where you'll find everything from Burmese to Ethiopian food on offer. By JJ Goode

Photography by Jenny Huang

Dishing Up Mango House

In Aurora, Colorado, 20 minutes east of Denver, there is a food court like no other. Beneath dozens of flags—including those from Turkey, Burma and South Sudan—tables are full with the food of immigrants, once refugees, now Americans. A group of Ethiopian men use pieces of injera to nab lamb tibs, a saucy sauté made with onion, jalapeño and rosemary. Some out-of-towners take their first-ever slurps of ona kao sweh, a Burmese dish of egg noodles engulfed in a rich coconut-milk curry and topped with hard-boiled egg, while a few tables away a family who fled Burma and resettled nearby take what's probably their thousandth slurp.

This is Mango House, a community center that's the brainchild of P.J. Parmar, M.D. "Dr. P.J.," as practically everyone seems to call him, didn't set out to run a food hall. In 2012, he set up a medical practice that exclusively serves refugees in Aurora, which, thanks in large part to the city's resettlement programs, has one of the most ethnically diverse populations in the country. "I knew I wanted to work not just with immigrants but with the poorest people," he says, underscoring with a sort of resigned frustration that people often conflate the two.

Immigrants like his parents, for instance, had resources that allowed them access to good health care. They were both doctors from Punjab, India, who moved to the Chicago area in 1976, when Parmar was still in diapers. Through his practice, he aims to marshal both his relative privilege and his experience as a man with brown skin and immigrant parents. "I knew I could bridge the gap between the two worlds," he says.

Parmar sounds tired when I speak to him, which could be because the 46-year-old father operates as a combination of doctor, mentor and godfather to some 15,000 refugees who pass through Mango House each year. Or it could be because the evening before, he had attended the wedding of Mohamad Alnouri, a young chef who runs Jasmine Syrian Food, one of the food halls in the center. Alnouri's parents have been patients of Parmar's, and he met his wife—where else?—right here at Mango House.

"My motivation is absolutely to convert people who might have a suspicious view of those who are not like themselves."

DR. P.J. PARMAR

This interconnectedness is a feature, not a bug. Two years after Parmar started his practice, his landlord decided not to renew his lease, so he took a risk—purchasing a small building nearby, relocating his office there and lining up tenants who also worked with refugees. He called it Mango House, named for a beloved fruit born far away. As the space filled, he set his sights on a larger building, a 56,000-square-foot former JCPenney, across the street. The new space was big enough to accommodate Parmar's growing enterprise, and the restaurant stalls it contained offered a new opportunity: to draw in American-born customers. "If there was food, I knew people would come," says Parmar.

He casually put the word out about the stalls and, in no time, he had six enthusiastic vendors—all of them current or former patients of his—and a waiting list of 15 more. They were excited about the chance to start a business, to feed their neighbors the foods they missed, but also to share a part of their culture with the country they now call home.

One vendor is Alnouri, the newlywed, whose father decamped from Damascus to Cairo to escape war in Syria. Alnouri talked his way into a job at a Cairo bakery at 13 and spent five years there as the family waited for their visas. When he arrived in Aurora at 19, he got a job as a dishwasher at a Mexican restaurant and worked his way up to sous chef. "There I fell in love with cooking and realized I wanted to be a chef," he says. Alnouri now cooks the baklava he learned to make in Egypt and Syrian-style falafel—a recipe he learned from his 125-year-old great-grandfather—for customers that he says are 99% nonimmigrant Americans.

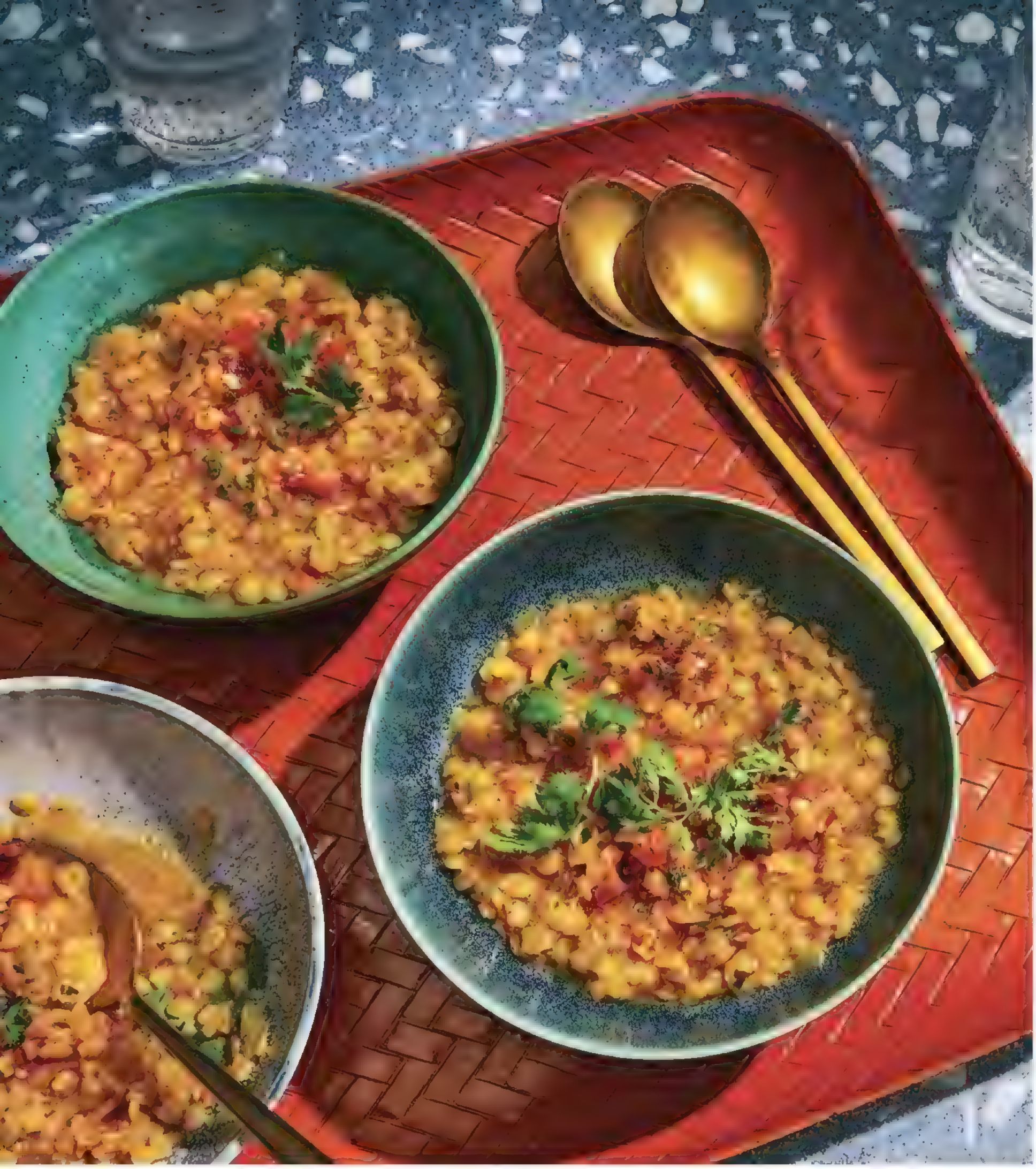
Today, Mango House encompasses Parmar's family practice (with a staff that speaks a half-dozen languages), a dental office, a pharmacy, 10 places of worship for gatherings of different faiths and languages, and dozens of refugee-owned businesses—from a Somali clothing store and a Nepali jewelry store to those glorious food stalls.

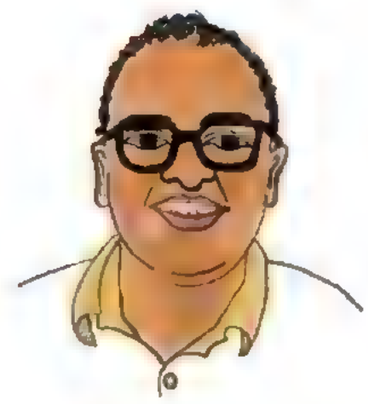
Even though Parmar has good reasons to be skeptical of the "food brings people together" platitude—among them, xenophobic childhood bullying, threatening notes left at Mango House in 2017, and a 2020 racist run-in with a police officer, who pulled his gun on Parmar outside the community center—he has hope nonetheless. "My motivation is absolutely to convert people who might have a suspicious view of those who are not like themselves," he says.

When Parmar offered a space to Dharani Dhakal, he was overjoyed. "He spoke my heart," says Dhakal, who opened Nepali Mountain Kitchen in 2019. Born in Bhutan, he was just 6 when the government began expelling the ethnic Nepali population. He spent the next 20 years in refugee camps in Nepal. When he finally arrived in Colorado, he felt at home: "Raised in the Himalayas, now I found the Rocky Mountains." He and his wife, also ethnically Nepali and from Darjeeling, India, say that every plate of daal tarka they cook for a mostly "American American" clientele makes them feel seen. "I'm a refugee. Who knows me? I'm a drop of water in the pond," Dhakal says. "Now people do know me, because every Coloradan knows Mango House."

JJ GOODE *helps chefs write cookbooks, including the James Beard Award-winning* Eat a Little Better *with Sam Kass.*

ILLUSTRATIONS BY NINA CHAKRABARTI





Dharani Dhakal

Owner Nepali Mountain Kitchen

"When Nepali people come here and eat they say, 'Oh, my God, I haven't had this in so long.' The smile on their faces when they have our food is so rewarding."

Nepali Mountain Kitchen's Daal Tarka (Spiced Lentils)

ACTIVE: 30 min **TOTAL:** 45 min

TO MAKE AHEAD: Refrigerate daal (Step 1) for up to 3 days.

Variations of daal (or dal) and tarka (or tadka)—a mixture of aromatics vegetables and spices spooned over the top of the daal for extra flavor—are served throughout the Indian subcontinent and parts of southeast Asia. Give the two a generous stir before digging in to ensure the tarka gets thoroughly incorporated. Kasuri methi (fenugreek) has a complex flavor that s a little nutty and almost maple-y. Look for the dried leaves in Indian markets and online. (Recipe by Sarda Siktel.)

DAAL

- **3 cups water**
- **1 cup red lentils, rinsed**
- **1 cup chopped red onion**
- **1 cup diced tomato**
- **1 serrano pepper, seeded and finely chopped**
- **¾ teaspoon salt**
- **½ teaspoon red chile powder**
- **½ teaspoon ground turmeric**

TARKA

- **4 tablespoons ghee *or* canola oil**
- **1 cup chopped onion**
- **1 cup diced tomato**
- **2-4 dried red chiles, seeded and broken into small pieces**
- **1 teaspoon minced garlic**
- **1 teaspoon minced fresh ginger**
- **1 teaspoon cumin seeds**
- **Kasuri methi (dried fenugreek leaves) & chopped fresh cilantro for garnish**

1. **To prepare daal:** Combine water, lentils, red onion, tomato, serrano, salt, chile powder and turmeric in a large saucepan. Bring to a boil over high heat. Adjust heat to maintain a simmer, cover and cook, stirring occasionally, until the lentils are tender and the mixture is thickened, 25 to 30 minutes. Stir often during the last 10 minutes to prevent burning.
2. **Meanwhile, prepare tarka:** Heat ghee (or oil) in a large saucepan over medium heat. Add onion, tomato, chiles, garlic, ginger and cumin seeds; cook, stirring often, until golden brown, 5 to 7 minutes.
3. Serve the daal topped with the tarka. Garnish with kasuri methi and cilantro, if desired.

SERVES 4: ¾ cup daal & 2 Tbsp. tarka each
Cal 382 **Fat** 16g (sat 9g) **Chol** 40mg **Carbs** 46g **Total sugars** 6g (added 0g) **Protein** 14g **Fiber** 10g **Sodium** 467mg **Potassium** 886mg.

Rawaa Daud

Co-owner Rocky Mountain Sudanese

The food and drinks we serve are so unique and cultural that it s quite hard to find them outside of Sudan.

Rocky Mountain Sudanese's Ful Medames (Stewed Fava Beans)

ACTIVE: 20 min TOTAL: 1¾ hrs
(plus bean-soaking time)
TO MAKE AHEAD: Refrigerate ful (Steps 1-3) for up to 3 days.

Ful (or fool) medames is a dish of seasoned mashed fava beans topped with raw vegetables. While it s prepared in homes across the Middle East it s considered to be the national dish of Sudan. Serve with warm pita bread for scooping.

- 2 cups dried fava beans rinsed
- 8 cups water
- 1 tablespoon lemon juice
- 1 teaspoon ground cumin
- ¾ teaspoon salt
- 4 cups thinly sliced romaine lettuce
- 1 cup diced cucumber
- ½ cup thinly sliced red onion
- 1 medium tomato diced
- 4 teaspoons extra-virgin olive oil
- ¼ cup crumbled feta cheese

1. Place beans in a large bowl and cover with 2 inches of water. Soak overnight. *(Alternatively place beans in a large pot and cover with 2 inches of cold water. Bring to a boil. Boil for 2 minutes. Remove from heat cover and let stand for 1 hour.)*
2. Drain the beans and place in a large saucepan. Add 8 cups water and bring to a boil. Reduce heat to medium-low, cover and cook until the beans are soft, 1 to 1½ hours. If necessary, add more water to maintain 1 inch of water above the beans.
3. Reserve 1 cup of the cooking liquid; drain the beans. Transfer the beans to a medium bowl and mash with a potato masher. Add enough of the reserved liquid until the consistency is like a thick pureed soup. Stir in lemon juice, cumin and salt.
4. Spread the bean mixture on a serving platter. Scatter lettuce, cucumber, onion and tomato over the top. Drizzle with oil and sprinkle with feta.

SERVES 4: about ¾ cup puree & 2 cups salad each
Cal 353 Fat 8g (sat 2g) Chol 8mg Carbs 51g Total sugars 8g (added 0g) Protein 22g Fiber 21g Sodium 540mg Potassium 1,096mg.

Golden Sky's Ebi Yakisoba (Stir-Fried Noodles with Shrimp & Vegetables)

ACTIVE: 30 min TOTAL: 30 min

The Japanese noodle stir-fry yakisoba is traditionally cooked on a teppanyaki griddle but this version is made in a skillet. Look for precooked yakisoba noodles (sometimes sold as part of a kit) along with katsu and yakisoba sauces with other international ingredients at well-stocked grocery stores or Asian markets. In a pinch you can substitute 8 ounces dry yakisoba or even ramen noodles for the precooked ones just prepare according to package directions. (Recipe by Htwe Aung & Khaing Tun.)

- 10-12 ounces precooked yakisoba noodles
- 2 tablespoons katsu sauce
- 2 tablespoons yakisoba sauce
- 2 teaspoons toasted sesame oil
- 2 tablespoons peanut ***or*** canola oil divided
- 8 ounces raw shrimp (31-40 per pound) peeled and deveined
- 2 cups coarsely chopped green cabbage
- 1 cup diced onion
- 1 medium red ***or*** yellow bell pepper cut into ½-inch pieces
- 1 small carrot cut into matchsticks
- 4 scallions thinly sliced

1. Rinse yakisoba to separate the noodles. Mix katsu sauce, yakisoba sauce and sesame oil in a small bowl. Set both near the stove.
2. Heat 1 tablespoon peanut (or canola) oil in a large skillet over high heat. Add shrimp and cook, undisturbed, for 30 seconds, then stir-fry until they turn pink, about 1 minute more. Transfer to a plate.
3. Reduce heat to medium-high. Add the remaining 1 tablespoon peanut (or canola) oil to the pan. Add cabbage, onion, bell pepper and carrot and stir-fry until the vegetables are beginning to soften, 3 to 5 minutes. Add the noodles and scallions and cook until heated through, 1 minute. Add the sauce and shrimp and toss until everything is coated and heated through, about 1 minute more.

SERVES 4: 1½ cups each
Cal 304 Fat 10g (sat 2g) Chol 91mg Carbs 37g Total sugars 9g (added 4g) Protein 17g Fiber 5g Sodium 600mg Potassium 412mg.

Odaa Ethiopian's Lamb Tibs

ACTIVE: 20 min **TOTAL:** 20 min

The aromatic Ethiopian spice blend berbere seasons this saucy lamb dish. Look for one that features fenugreek allspice red pepper coriander and cinnamon with other spices at well-stocked grocery stores. Serve with the fermented Ethiopian flatbread injera and a simple salad. (Recipe by Kamariya Jimjimo.)

- **1¼ pounds boneless lamb leg, trimmed and cut into 1-inch cubes**
- **½ teaspoon salt, divided**
- **1 tablespoon extra-virgin olive oil *or* canola oil**
- **2 teaspoons butter**
- **½ medium onion, diced**
- **1 jalapeño pepper, finely chopped**
- **3 tablespoons grated fresh ginger**
- **1 tablespoon minced garlic**
- **1½ teaspoons finely chopped fresh rosemary**
- **1½ teaspoons berbere seasoning**
- **1 medium tomato, diced**
- **¼ cup water**

1. Season lamb with ¼ teaspoon salt. Heat oil in a large cast-iron skillet over medium-high heat. Add the lamb and cook, turning occasionally, until browned on all sides but still pink in the center, about 8 minutes. Transfer to a plate.
2. Add butter to the pan, then onion, jalapeño, ginger, garlic, rosemary and berbere; cook, stirring often, until softened and fragrant, about 3 minutes. Add tomato and the remaining ¼ teaspoon salt. Reduce heat to medium and cook, stirring occasionally, until the tomato is tender, about 3 minutes.
3. Stir in water. Add the lamb to the sauce and toss to coat. Serve immediately.

SERVES 4: ⅔ cup each
Cal 258 **Fat** 12g (sat 4g) **Chol** 96mg **Carbs** 4g **Total sugars** 2g (added 0g) **Protein** 30g **Fiber** 1g **Sodium** 459mg **Potassium** 533mg.

Scan with your phone s camera for our injera recipe.

Urban Burma's Ono Kao Sweh (Coconut Chicken Noodle Soup)

ACTIVE: 45 min **TOTAL:** 45 min

With its rich and fragrant coconut broth and chewy noodles this satisfying bowl just might become your go-to chicken soup recipe this season. (Recipe by Siri Tan photo: page 78.)

- **1 pound boneless, skinless chicken thighs, trimmed and cut into 1-inch pieces**
- **1 tablespoon fish sauce**
- **1½ teaspoons minced garlic**
- **1½ teaspoons grated fresh ginger**
- **1 teaspoon ground turmeric**
- **2 tablespoons canola oil plus 2 teaspoons, divided**
- **1 cup sliced onion**
- **3½ cups low-sodium chicken broth**
- **2 14-ounce cans light coconut milk**
- **⅓ cup garbanzo bean (chickpea) flour**
- **⅓ cup water**
- **12 ounces fresh Asian egg noodles**
- **Hard-boiled eggs, red chile powder, chopped red onion, fresh cilantro & lime wedges for garnish**

1. Toss chicken with fish sauce, garlic, ginger and turmeric in a medium bowl.
2. Heat 2 tablespoons oil in a large pot over high heat. Add onion and cook, stirring often, until softened, about 3 minutes. Push the onion to the side and add the chicken. Cook, flipping halfway through, until the chicken is browned, 3 to 5 minutes.
3. Stir in broth and coconut milk. Bring to a boil, stirring occasionally. Reduce heat to medium-low. Cover and simmer, stirring occasionally, until the chicken is cooked through, 10 to 15 minutes.
4. Whisk garbanzo bean flour with water in a small bowl until smooth. Ladle in some of the hot soup and whisk until smooth. Stir the mixture into the soup and bring to a boil, stirring. Simmer over medium-low heat, stirring occasionally, until slightly thickened, 5 to 10 minutes.
5. Meanwhile, bring a large pot of water to a boil. Cook noodles according to package directions. Drain, rinse and toss the noodles with the remaining 2 teaspoons oil.
6. Divide the noodles among 4 bowls. Ladle the soup over the noodles. Garnish with eggs, chile powder, red onion, cilantro and lime wedges, if desired. Serve immediately.

SERVES 6: 1⅓ cups soup & ½ cup noodles each
Cal 432 **Fat** 18g (sat 8g) **Chol** 71mg **Carbs** 42g **Total sugars** 2g (added 0g) **Protein** 30g **Fiber** 3g **Sodium** 554mg **Potassium** 364mg.

STYLING: TYNA HOANG (FOOD) SOPHIE LENG (PROPS)

Mohamad Alnouri

Owner Jasmine Syrian Food

My parents taught me to treat people well and to share our stories and our food. They are the heart of Jasmine.

Jasmine Syrian Food's Baklava

ACTIVE: 35 min TOTAL: 2 hrs 10 min

TO MAKE AHEAD: Refrigerate airtight for up to 5 days or freeze for up to 4 months.

This recipe makes a big batch of baklava but the two-bite pieces freeze like a dream. To make clarified butter melt butter in a small saucepan over medium-low heat. Skim the milk solids from the top and slowly pour the butter out of the pan leaving the remaining solids in the bottom.

- 2 cups granulated sugar
- 1 cup water
- 1 teaspoon lemon juice
- 3 teaspoons orange blossom water divided
- ¾ cup superfine sugar
- 6 cups chopped walnuts
- 18 13-by-18-inch sheets ***or*** 36 9-by-14-inch sheets phyllo dough (1 pound) thawed according to package directions
- 1¼ cups clarified butter ***or*** ghee warmed
- 2 tablespoons unsalted pistachios lightly toasted and minced

1. Combine granulated sugar and water in a medium saucepan; bring to a boil over medium heat, stirring occasionally. Stir in lemon juice. Reduce heat to maintain a simmer and cook, stirring occasionally, until reduced to a scant 1¾ cups, 15 to 18 minutes. Remove from heat and stir in 1 teaspoon orange blossom water. Let cool for 10 minutes.

2. Meanwhile, preheat oven to 350°F. Coat a large rimmed baking sheet with cooking spray.

3. Combine ⅓ cup of the syrup, superfine sugar and the remaining 2 teaspoons orange blossom water in a large bowl. Stir in walnuts.

4. Unroll phyllo. (Keep the phyllo stack covered with a damp kitchen towel while you work.) Lay 1 sheet in the prepared pan and brush generously with butter (or ghee), making sure to cover all the dough. Repeat until there are 14 layers. (If using 9-by-14 inch sheets, use 2 sheets, slightly overlapping, for each layer.)

5. Spoon the walnut filling evenly over the phyllo. Press the mixture all over with the back of a spoon. Lay 1 sheet of phyllo on top and press it firmly with your palms. Brush generously with butter (or ghee). Repeat layering, pressing and buttering with the remaining 3 (or 6) phyllo sheets.

6. Using a sharp knife, trim any shaggy phyllo edges so they are flush with the sides of the pan. Using the knife and a ruler, score the phyllo at opposite long ends, marking six 2-inch strips. Cut along score lines, using the ruler as a guide. Then score on a diagonal, marking twelve 1½-inch-wide strips to create diamonds. Using the ruler as a guide, cut along the score lines.

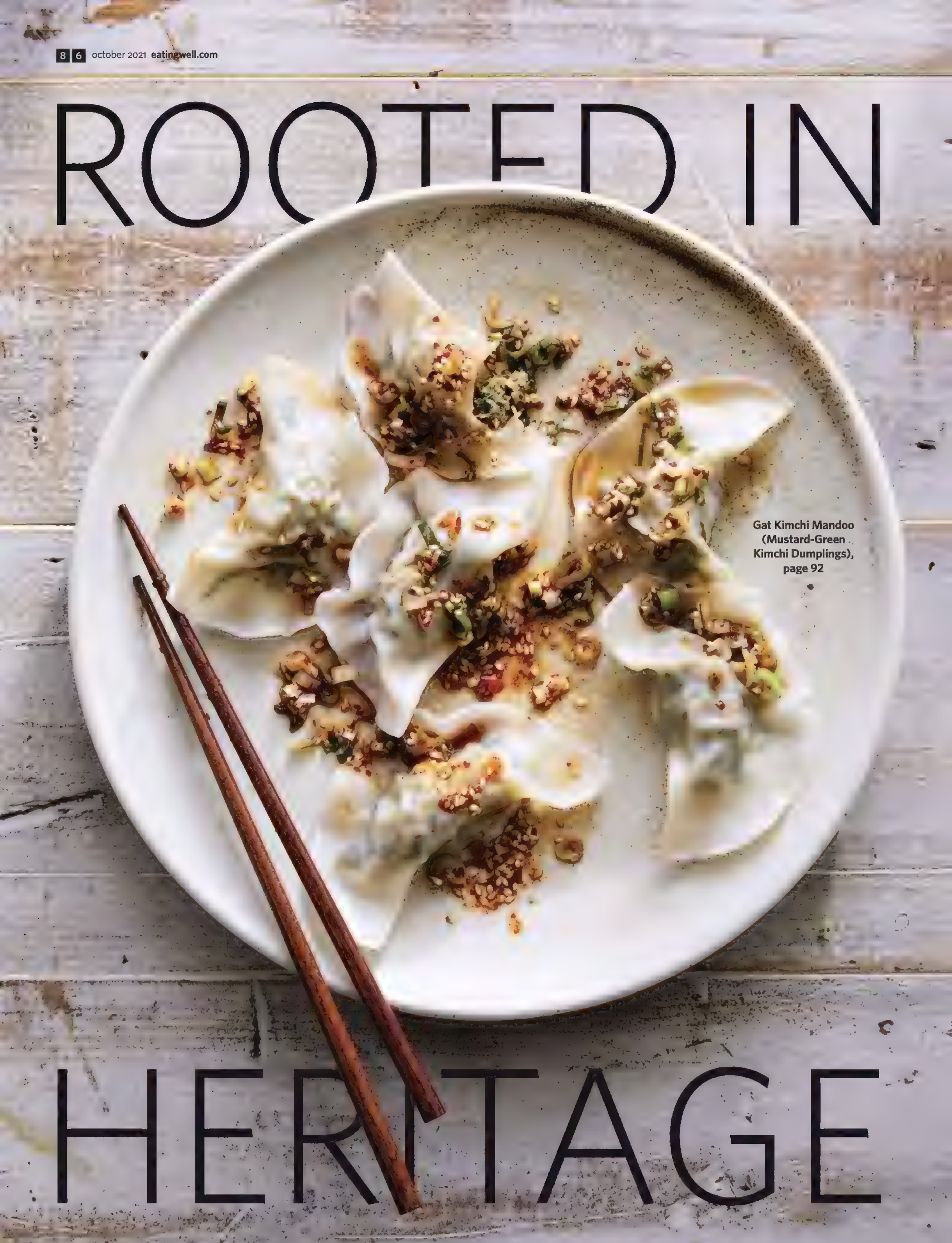
7. Bake the baklava, rotating the pan twice, until the phyllo is deep golden and crisp, including down into the cuts, 35 to 45 minutes. Immediately spoon the reserved syrup over the hot baklava. (If the baklava has cooled or the syrup is hot, it will be soggy.)

8. Sprinkle the center of each diamond with pistachios. Let cool in the pan on a wire rack for at least 1 hour. Re-cut, if needed, before serving.

MAKES: 72 pieces (analysis per piece)

Cal 153 Fat 11g (sat 3g) Chol 11mg Carbs 12g Total sugars 8g (added 8g) Protein 2g Fiber 1g Sodium 31mg Potassium 52mg.

ROOTED IN HERITAGE



Gat Kimchi Mandoo (Mustard-Green Kimchi Dumplings), page 92

Many of us can point to a dish that connects us to our ancestors—maybe it's Grandma's anise-scented cookies or your aunt's lemony tabbouleh. But as a Korean adoptee who grew up with white parents, Kristyn Leach didn't have that link. So she created it through farming, friends and good food.

By MacKenzie Chung Fegan

Recipes by
Dennis Lee,
Mina Park &
Kwang Uh

Location
photography by
Craig Lee

Food photography by
Ryan Liebe

hen Kristyn Leach moved to Washington State for college, a friend, mortified that she had never had Korean food, took her out for her first bibimbap. Leach, who was born in Korea, was adopted as a baby and raised on Long Island—and her cultural and culinary landscape had been primarily shaped by her white, Irish Catholic family. It was important to her parents that their daughter feel like she belonged. Better not to dwell on the ways in which she was di erent.

Still, as a child, Leach was curious about her heritage. Even though she was only 6 in 1988, she distinctly remembers watching the Seoul Olympics. When she got older, she'd tell people she wanted to drive a Hyundai. "I mean, what kid dreams of owning a Hyundai?" Leach quips.

After college, Leach worked in agriculture in the Pacific Northwest before moving to the San Francisco Bay Area. To supplement her farming gigs, she found a part-time job in the kitchen at Camino, a respected farm-to-table restaurant in Oakland. Many chefs who worked there went on to launch projects that were representative of their heritage. It inspired Leach to do the same. Drawing on her experiences in farming and restaurant kitchens, she subleased patches of land and started cultivating Asian vegetables like perilla, or kkaennip, an herb whose broad, fragrant leaves are ubiquitous in Korean cooking—used to wrap grilled meats or seafood and in fermented pickles.

Growing the perilla came easily to Leach; figuring out what to do with it was harder. "I was more familiar with Korean plants than I was with Korean people," Leach says. So she started bringing boxes of her produce to Korean community events. "Growing perilla was like having a friend who egged me on and pushed me out of my comfort zone," she explains. "However vulnerable I felt, I knew I could show up with those leaves and be welcomed."

Among those who welcomed her was chef Dennis Lee. Leach turned up unannounced at one of his restaurants in 2011 with a crate of perilla. She wasn't a total stranger to Lee—they had mutual friends—but it was, essentially, a cold call. "At that time, it wasn't easy to source perilla," Lee says. Shiso, perilla's Japanese cousin, was more readily available, but it is daintier, more floral, not perfectly suited to Lee's Korean-influenced cooking. "So we were really psyched to have straight-up Korean perilla leaves just drop into our lap. I told Kristyn I would buy as much as she could grow," Lee says.

Korean chefs including Mina Park and Kwang Uh of Los Angeles and San Francisco s Dennis Lee seek out the Asian varieties of produce grown by California farmer and seed saver Kristyn Leach.

she explains. As a seed saver, Leach must rely on the feedback of her extended Korean community as she decides what traits to emphasize in her crops year after year. "Breeding is a slow reinforcement of your personal preference. So I can love perilla for what it is, but if I'm operating in a vacuum, I may make some weird decisions." Were it not for the community's input, she might save only the seeds from summer's sweetest sagwa chamoe melons. "But they're also used for pickling," Leach says, "so if I breed a melon that's too sweet, the pickle won't last. It's not a birthright to grow these crops. I have to share them with people and hear their stories of what they should taste like and what they're used for."

While Leach may not have childhood memories of perilla, her 1-year-old daughter certainly will. "The other day I made her sit next to me while I packed it," Leach says, "and I just, like, wafted it in her face. 'Let's just *Inception* this into your tiny brain!'" She walks along the rows of perilla she has just transplanted from the greenhouse, the tiny seedlings planted among wind-sown wildflowers. "I owe a lot of the richness of my experience of having Korean community to this plant," Leach smiles. "It's probably the one thing I'll grow until I die. Even when I'm too old to farm, I'll always have a perilla patch."

MACKENZIE CHUNG FEGAN *writes about food, drink and culture. Find her on Instagram at @mackenzie_fegan.*

That relationship between farmer and chef eventually flourished into a formal partnership. Dennis Lee and his two brothers (and restaurant partners) helped Leach secure a 10-year lease on 4 acres surrounded by walnut and olive trees in Winters, near UC Davis. The land, called Namu Farm, provides a steady supply of high-quality Asian produce for the Lee brothers' Namu Stonepot restaurants, including bitter melons, leafy greens and Lady Hermit chile peppers—so named for the U.S. market because "a hermit lady in Korea gave it to me," Leach deadpans.

Those peppers, bursting with a deep, earthy heat, hail from Sunchang, a region in South Korea famous for its gochujang production. It's just one of the heirloom varietals that Leach also preserves through Second Generation Seeds. The farming collective, which she co-founded, is dedicated to stewarding and improving the seed stock of Asian vegetables that are in danger of dying out, through a partnership with Japanese American-owned Kitazawa Seed Company.

Recent decades have seen a shocking decline in biodiversity as proprietary seeds developed by corporations have squeezed out heirloom crops cultivated by Indigenous communities and communities of color. "Korean chile peppers are such a vital part of Korean national identity," Leach muses. "Like, people are adamant that you can't use Aleppo pepper instead of gochugaru in kimchi." But, she explains, most of the peppers grown today in Korea are hybrid varietals owned by multinationals. "To me, this raises an interesting question," Leach says. "What makes a pepper Korean? Is it the chile itself? Is it who grows it? Is it the land that it's grown on?"

It's not hard to imagine a teenage Leach eating her first bibimbap, mulling over parallel questions about her own identity. "I don't have those visceral moments when I taste a Korean vegetable that transport me back to my childhood,"

STYLING: JUDY KIM (FOOD); PAIGE HICKS (PROPS); TOP: BOWL COURTESY MATERIALKITCHEN

BUILD YOUR KOREAN PANTRY

Some large grocery stores sell these staples but you may need to visit your local Korean or Asian market or order them online.

Dried anchovies add rich flavor to soups and stews or can be eaten as a snack.

Doengjang is a flavorful paste made from fermented soybeans.

Gim (dried toasted algae aka nori) is sold in both large sheets for making sushi and small sheets in snack packs.

Fruity smoky gochugaru is made from sun-dried hot red peppers.

Kombu (dried kelp) is used to add umami to many Korean soups.

Grassy with hints of licorice perilla leaves are often used in fermented vegetables and to wrap meat before grilling while the seeds can be used as a garnish or pressed for their oil.

Made from salted fermented and dried ume (a type of stone fruit) umeboshi paste lends a tangy astringent note. You can make your own by passing finely chopped umeboshi through a fine-mesh sieve.

Scan with your phone s camera to shop these ingredients.

Yeo Joo Ggori Tang
(Oxtail & Bitter Melon Soup)

ACTIVE: 35 min TOTAL: 4¼ hrs
(plus 12 hrs soaking time)

Bitter melon is an ingredient that you either love—or don t. Dennis Lee and Kristyn Leach both adore it and he thinks it speaks to their appreciation of all aspects of life that are both bitter and sweet. This is a riff on a soup chef Lee grew up eating.

- 1¾-2 pounds oxtails preferably larger pieces trimmed
- 8 cups water plus more as needed
- ½ cup shiitake mushrooms
- 5 medium dried anchovies gutted if desired *(see Pantry opposite)*
- 1 3-by-3-inch piece kombu *(see Pantry opposite)*
- 1 small bitter melon
- 1 cup peeled daikon wedges (1-inch)
- 2 cloves garlic smashed and peeled
- ¾ teaspoon salt
- ¼ teaspoon ground pepper
- Sliced scallions for garnish

1. Place oxtails in a large bowl and cover with cold water. Refrigerate, changing the water several times, for 12 hours.

2. Drain and rinse the oxtails. Place in a large pot and cover with fresh water. Cover and bring to a boil over high heat. Reduce heat to maintain a simmer and cook for 6 minutes. Drain and rinse the oxtails. Wash the pot.

3. Combine 8 cups water, shiitakes, anchovies and kombu in the pot. Bring to a simmer and cook for 5 minutes. Strain, discarding the solids, and return the broth to the pot.

4. Add the oxtails to the broth and bring to a boil. Reduce heat to maintain a simmer, partially cover and cook, skimming fat and foam from the surface occasionally and adding more water as needed to keep the oxtails covered, until they are almost falling off the bone, 2½ to 3 hours.

5. Meanwhile, rinse bitter melon and cut in half lengthwise. Remove seeds, scraping out as much of the pithy part as you can. Cut the bitter melon into 1-inch-long sticks. (You should have about 1 cup.) Soak in cold water, changing the water several times, for 3 hours.

6. Bring a medium saucepan of water to a boil. Add the bitter melon and cook for 2 minutes. Transfer to a bowl of ice water with a slotted spoon. Add daikon to the boiling water and cook for 2 minutes. Use the slotted spoon to transfer to a plate.

7. When the oxtails are tender, transfer to a clean plate. Let cool for 5 minutes. Skim any fat or foam from the broth. Drain the bitter melon and add to the broth, along with the daikon and garlic. Simmer until the vegetables are tender, but not mushy, 3 to 5 minutes. Add the oxtails (or just the meat) to the broth and season with salt and pepper. Garnish with scallions, if desired.

SERVES 6: 1½ cups each
Cal 418 Fat 36g (sat 14g) Chol 81mg Carbs 2g Total sugars 0g (added 0g) Protein 24g Fiber 1g Sodium 421mg Potassium 149mg.

Sagwa Chamoe Saelleodeu (Melon Salad)

Sagwa Chamoe Saelleodeu (Melon Salad)

ACTIVE: 15 min **TOTAL:** 15 min

Sagwa chamoe is a melon native to Korea predominantly grown by farmers in the Gyeonggi-do province. The creamy white flesh stays crunchy even when ripe. Look for it at Korean markets or make this salad with underripe honeydew.

- **2 tablespoons extra-virgin olive oil**
- **2 tablespoons rice vinegar**
- **2 teaspoons umeboshi paste** *(see Pantry page 90)*
- **1 teaspoon perilla seeds** *(see Pantry page 90) or* **sesame seeds, toasted and coarsely ground, plus more for garnish**
- **1 teaspoon perilla oil** *(see Pantry page 90) or* **toasted sesame oil**
- **½ teaspoon honey** *or* **granulated sugar**
- **½ teaspoon salt**
- **6 cups cubed peeled sagwa chamoe or barely ripe honeydew melon (1-inch)**
- **1 tablespoon lemon juice**
- **2-3 fresh perilla** *(see Pantry page 90) or* **shiso leaves, minced, plus more for garnish**

1. Whisk olive oil, vinegar, umeboshi paste, perilla (or sesame) seeds, perilla (or sesame) oil, honey (or sugar) and salt in a small bowl.
2. Toss melon with lemon juice in a large bowl. Add perilla (or shiso) leaves and the dressing and toss to coat. Garnish with more seeds and leaves, if desired.

SERVES 6: 1 cup each
Cal 117 **Fat** 6g (sat 1g) **Chol** 0mg **Carbs** 16g **Total sugars** 14g (added 0.5g) **Protein** 1g **Fiber** 1g **Sodium** 338mg **Potassium** 396mg.

Siraegi Guk (Radish-Top Soup)

ACTIVE: 30 min **TOTAL:** 40 min

This rustic soup is traditionally made with dried radish greens but Dennis Lee s recipe features fresh ones. Some Korean and Asian markets sell young radishes which are predominantly the greens—perfect for making this dish. Lacinato kale is a good substitute. Round out the meal with steamed rice and kimchi. (Photo: page 89.)

- **8 cups water**
- **7 dried anchovies, gutted, if desired** *(see Pantry page 90)*
- **4 dried shiitake mushrooms**
- **1 3-by-3-inch piece kombu** *(see Pantry page 90)*
- **10 cups radish tops** *or* **stemmed lacinato kale, chopped**
- **1 14-ounce package soft tofu, drained, patted dry and cut into 1-inch cubes**
- **½ medium onion, thinly sliced**
- **½ cup diced pork belly** *or* **shoulder (3 ounces; optional)**
- **3 cloves garlic, minced**
- **3 tablespoons doengjang** *(see Pantry page 90)*
- **1 tablespoon fish sauce**
- **1 tablespoon gochugaru** *(see Pantry page 90)*
- **Chopped scallions for garnish**

1. Combine water, anchovies, shiitakes and kombu in a large pot. Bring to a boil over high heat. Remove the anchovies, shiitakes and kombu with a slotted spoon or skimmer; discard.
2. Add radish tops (or kale), tofu, onion, pork (if using), garlic, doengjang, fish sauce and gochugaru to the broth. Bring to a boil and cook for 5 minutes. Reduce heat to low and simmer until the greens are tender, about 10 minutes more. Ladle the soup into bowls and garnish with scallions.

SERVES 6: 1½ cups each
Cal 115 **Fat** 2g (sat 1g) **Chol** 2mg **Carbs** 17g **Total sugars** 2g (added 0g) **Protein** 9g **Fiber** 3g **Sodium** 851mg **Potassium** 180mg.

Gat Kimchi Mandoo (Mustard-Green Kimchi Dumplings)

ACTIVE: 1 hr 10 min **TOTAL:** 1 hr 10 min

TO MAKE AHEAD: Freeze uncooked dumplings (Steps 1-5) in a single layer on a baking sheet, then transfer to a sealable plastic bag and freeze for up to 1 month. Cook from frozen.

EQUIPMENT: Parchment paper

Be sure to cook the kimchi in Step 2 until almost no liquid remains—a watery filling can mean soggy wrappers and broken dumplings. (Photo: page 86.)

DUMPLINGS

- **2 dried shiitake mushrooms**
- **1 tablespoon canola** *or* **avocado oil**
- **¼ cup finely chopped onion**
- **1 cup Gat Kimchi** *(right) or* **other kimchi, squeezed dry and finely chopped**

(continued on page 94)

Gat Kimchi
(Mustard-Green Kimchi)

ACTIVE: 35 min **TOTAL:** 5 days (including fermentation time)
TO MAKE AHEAD: Refrigerate kimchi for up to 3 weeks.
EQUIPMENT: Quart jar, sterilized

The variety of gat (mustard greens) that Kristyn Leach cultivates is from Jeolla-do, the Korean province that chef Mina Park's family is from. Park, who explores Korean food traditions with her husband, Kwang Uh, at Baroo and Shiku in Los Angeles, started growing Leach's gat in her garden this year and it brought her a sense of connection to her ancestors as she cultivated and cooked with it. This lemony version of gat kimchi is one of Park's favorite treats.

- **1 pound mustard greens, stemmed, washed, dried and cut into 3-inch pieces**
- **2½ teaspoons salt**
- **1 cup distilled water**
- **1 large Asian pear, peeled and coarsely chopped**
- **¼ cup coarsely chopped peeled daikon**
- **1½ tablespoons fresh ginger, coarsely chopped**
- **3 cloves garlic, coarsely chopped**
- **1 scallion, coarsely chopped**
- **Zest and juice of 1 lemon**

1. Toss mustard greens with salt in a large bowl. Let stand, tossing once or twice, for 30 minutes.
2. Meanwhile, combine water, pear, daikon, ginger, garlic, scallion and lemon juice in a blender; process until smooth. Strain the puree through a fine-mesh sieve set over a bowl, pressing on the solids to extract the liquid. Discard the solids. Stir lemon zest into the liquid.
3. Pack the mustard greens and any accumulated liquid into a sterilized quart jar. Pour the lemony liquid over the greens. Press down on the greens with a wooden spoon or spatula until they are submerged.
4. Screw on the lid. Place the jar in a cool, dark spot and ferment at room temperature for 5 to 7 days. (If it's hot, 2 to 3 days may be enough). When it's fermented to your liking, refrigerate for up to 3 weeks.

SERVES 10: ¼ cup each
Cal 14 **Fat** 0g (sat 0g) **Chol** 0mg **Carbs** 2g **Total sugars** 1g (added 0g) **Protein** 1g **Fiber** 2g **Sodium** 79mg **Potassium** 178mg.

(continued from page 92)

- 1 pound ground pork
- 2 scallions finely chopped
- 2 cloves garlic minced
- 1 teaspoon minced fresh ginger
- 1 teaspoon toasted sesame oil
- 1 teaspoon reduced-sodium soy sauce
- ½ teaspoon granulated sugar
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- All-purpose flour for dusting
- 36 round dumpling wrappers

SAUCE

- 2 tablespoons reduced-sodium soy sauce
- 2 tablespoons rice vinegar
- 2 tablespoons water
- 1 tablespoon sesame oil
- 1 tablespoon sliced scallion
- Chopped red chile & toasted sesame seeds to taste

1. To prepare dumplings: Soak shiitakes in a bowl of warm water for 15 minutes. Drain and squeeze out excess water. Remove and discard stems. Chop caps finely.

2. Heat canola (or avocado) oil in a wok or large skillet over medium-high heat. Add onion and cook, stirring often, until softened and just starting to brown at the edges, about 1 minute. Add the shiitakes and cook, stirring occasionally, until dried and tender, about 2 minutes. Add kimchi and cook, stirring often, until the moisture has evaporated, about 2 minutes. Remove from heat and let cool for 10 minutes.

3. Combine pork, finely chopped scallions, garlic, ginger, 1 teaspoon sesame oil, 1 teaspoon soy sauce, sugar, salt and pepper in a medium bowl. Add the kimchi mixture and mix until evenly distributed.

4. Put a large pot of water on to boil. Line 2 baking sheets with parchment paper and dust generously with flour.

5. Spoon about 1 heaping tablespoon filling in the center of a wrapper. Dip a finger in a small bowl of water to wet the edges of the wrapper. Fold over and firmly seal. Pleat the edges, if desired. Repeat with the remaining wrappers and filling. Place the dumplings on the prepared pans and cover with a slightly damp kitchen towel.

6. Adjust heat so the water is at a gentle boil. Carefully add half the dumplings and gently stir so they don't stick to the bottom. Cook until they float to the surface and the wrappers are tender, 6 to 8 minutes. Using a slotted spoon and letting excess water drip back into the pot, transfer the dumplings to a serving platter and cover to keep warm.

Repeat with the remaining dumplings.

7. Meanwhile, prepare sauce: Mix soy sauce, vinegar, water, sesame oil and sliced scallion along with red chile and sesame seeds to taste in a small bowl. Serve with the dumplings.

SERVES 6: 6 dumplings & 1 Tbsp. sauce each
Cal 410 **Fat** 22g (sat 7g) **Chol** 59mg **Carbs** 32g **Total sugars** 1g (added 0g) **Protein** 19g **Fiber** 2g **Sodium** 692mg **Potassium** 423mg.

Gat Kimchi Bokkeum Bap (Mustard-Green Kimchi Fried Rice)

ACTIVE: 15 min **TOTAL:** 15 min

Cooling cooked rice is key here—it dries out the rice and firms it up so it doesn t stick together when it s fried yielding fluffier results.

- **4 tablespoons canola *or* avocado oil, divided**
- **3 scallions, chopped**
- **1 tablespoon minced fresh ginger**
- **½ cup Gat Kimchi *(page 93) or* other kimchi, chopped**
- **2 cloves garlic, minced**
- **1 tablespoon reduced-sodium tamari *or* soy sauce**
- **3 cups cold cooked brown *or* white rice**
- **2 teaspoons toasted sesame oil**
- **1 teaspoon sesame seeds, toasted**
- **3 large eggs**
- **6 small *or* 1 large sheet(s) gim (nori), crumbled *(see Pantry page 90)***

1. Heat 3 tablespoons canola (or avocado) oil in a large flat-bottom wok or large skillet over high heat. Add scallions and ginger and cook until fragrant, about 30 seconds. Add kimchi and garlic; cook, stirring occasionally, until the moisture has evaporated, about 2 minutes. Add tamari (or soy sauce); cook for 1 minute more.

2. Add rice and stir to break up any clumps. Cook, stirring occasionally, until the rice is well coated and starts to toast, about 3 minutes. Add sesame oil and sesame seeds and cook, stirring, until hot, about 2 minutes.

3. Meanwhile, heat the remaining 1 tablespoon canola (or avocado) oil in a medium nonstick or cast-iron skillet over medium heat. Crack eggs into the pan and cook to desired doneness, 1½ to 2 minutes for a runny yolk and 3½ to 4 minutes for a firmer yolk.

4. Mix gim into the rice and serve topped with the eggs.

SERVES 3: 1¼ cups rice & 1 egg each
Cal 543 **Fat** 29g (sat 4g) **Chol** 186mg **Carbs** 57g **Total sugars** 2g (added 0g) **Protein** 14g **Fiber** 5g **Sodium** 371mg **Potassium** 443mg.

DUMPLING & FRIED RICE RECIPES BY MINA PARK & KWANG UH

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smarts from our test kitchen

Spice It Up

This special section is packed with ways to add kick to your cooking: tips on how to use and store spices kitchen tools worth the investment in-a-pinch swaps and more.
By Debbie Koenig

Play with Chile Powders

Unlike chili powder spice blends *chile* powders come from a single type of pepper that has been dried and ground and they can taste wildly different. The same goes for their heat level which is often described in Scoville heat units (SHU) a scale invented by pharmacist Wilbur Scoville in 1912. The range for each chile refers to the magnitude of dilution that renders its heat no longer perceptible to the taster. A jalapeño for example can range from about 2 500 to 8 000 SHU. We can t get enough of these 5 chile powders listed in order from mildest to fieriest:

ANCHO CHILE POWDER comes from poblano peppers that have been left on the vine until they fully ripen and turn red. Mildly spicy (1,000-1,500 SHU), ancho chile powder has a deep, naturally toasty flavor with hints of sweetness. It's perfect for stews and spice rubs.

KASHMIRI CHILE POWDER is ground from dried Kashmiri peppers bred for their mild heat (1,000-2,000 SHU) and prized nearly as much for their gorgeous red color as their taste. This chile powder adds a full-bodied flavor (almost like hot paprika) and brilliant hue to Indian curries, soups and marinades.

ALEPPO PEPPER is made from dried Halaby peppers that are crushed into crumbly flakes. Named for the Syrian city, it is moderately hot, at around 10,000 SHU, with a bright, fruity-tart flavor. It is often found as a tableside condiment in the southern part of the Middle East.

AJI AMARILLO CHILE POWDER has a sunny color ("amarillo" means yellow in Spanish) and packs a pleasantly vibrant wallop with over 30,000 SHU. This Peruvian staple is commonly used in ceviches, rice dishes and sauces.

PERI-PERI (OR PIRI-PIRI) CHILE POWDER will make your eyes water—thanks to its heat level of 50,000-100,000 SHU—but in a good way. Also known as African bird's eye chile, the peppers were brought to Mozambique centuries ago by Portuguese explorers. Use its bright, clean flavor for homemade hot sauce or sprinkle on meats as a seasoning mix alongside paprika, garlic powder and other spices.

Invest in This Gear

We use these tools all the time in the Test Kitchen and can attest: they re worth it. A quick note on storage: While spices do lose potency over time expect whole varieties to keep their flavor for up to 4 years ground spices to last 2 to 4 years and dried herbs to stay fresh for 1 to 3 years. Guarding them from light and heat will help maintain freshness.

PADMA S PICK: **Masala Dabba.** This tin *(above)* holds seven smaller containers for the spices you use most often. Keeping small amounts at arm's reach lets you store the rest in a cool, dark place to preserve freshness. You can customize the contents of Diaspora Co.'s gorgeous brass masala dabba with single-origin Indian spices—and it comes with a membership to a spice-focused cooking club. ($200, *diasporaco.com)*

Aozita Glass Spice Jars. It's tough to keep spices organized when you have a jumble of different-size containers. Transfer yours to these inexpensive matching glass jars—with nifty labels. They'll make your ginger and garlic powder more easily accessible, and your spice cabinet an oasis of organization. ($25, *aozita.com)*

Lynk Professional Spice Rack Tray Insert. Prefer to stash your seasonings in a drawer? This 4-tiered rack will keep them from rolling around and holds up to 24 standard-size jars. ($20, *amazon.com)*

Cuisinart Spice and Nut Grinder. Could you use your regular bullet coffee grinder to blitz spices? Yes. But unless you're after a surprising morning sip, use this powerful gadget instead. We like that this model has an easy-to-clean removable bowl. ($40, *bedbathandbeyond.com)*

Measuring Spice Spoons. Trying to use a regular set to measure spices can be an exercise in futility—the jars' necks are often too narrow to fit even a teaspoon. This clever version has long, slender spoons that are designed for the job. And they're stainless steel, which means they won't pick up any flavors. ($17, *kingarthurbaking.com)*

Thai Granite Mortar & Pestle. Hand-carved from solid granite, the coarse walls of this beast will crush your whole spices with minimal effort—and it makes quick work of herb sauces like pesto too. ($40-$90 depending on size, *importfood.com)*

TOP: MELATI CITRAWIREJA; BOTTOM: ILLUSTRATION BY CLAIRE HARRUP

Get to Know Baharat

One of the Test Kitchen's favorite blends is baharat, which means "spices" in Arabic—and this Middle Eastern seasoning is loaded with them. The specific ingredients vary by region and even from family to family, but the warm, aromatic blend always starts with plenty of finely ground black pepper and includes paprika, cumin, coriander, cloves, nutmeg, cinnamon and often cardamom. You can buy a ready-made baharat, or make your own and experiment with the ratios to find the right mixture for your palate. It's great on lamb and other grilled meats, in soups and stews, as a seasoning for hummus and on roasted vegetables—like this eggplant recipe.

Baharat Spiced Eggplant

ACTIVE: 30 min TOTAL: 55 min

The yogurt and cherry tomatoes cool the heat from the baharat and serrano peppers. (Recipe by Padma Lakshmi.)

- 2 large eggplants (2 pounds total)
- 3 tablespoons extra-virgin olive oil divided
- ½ teaspoon salt divided
- ½ teaspoon ground pepper divided
- 2 medium onions finely diced
- 2 cloves garlic minced
- 2 serrano peppers minced
- 2 tablespoons Baharat Spice Blend *(below)* *or* store-bought baharat seasoning
- ½ teaspoon lime zest
- 3 tablespoons lime juice
- ½ cup whole-milk plain yogurt
- 1 cup cherry tomatoes halved
- ¼ cup chopped fresh parsley

1. Preheat oven to 425°F.

2. Cut each eggplant in half lengthwise. Score the inside of the eggplant in a cross-hatch pattern. Brush the cut surface with 1 tablespoon oil and sprinkle with ¼ teaspoon each salt and pepper.

3. Place the eggplant, cut-side up, on a baking sheet. Roast until soft, about 45 minutes.

4. Meanwhile, heat the remaining 2 tablespoons oil in a large skillet over medium-high heat. Add onions and cook, stirring often, until golden brown, about 10 minutes. Add garlic, serranos, baharat and the remaining ¼ teaspoon each salt and pepper; cook until fragrant, about 2 minutes.

5. Mix lime zest and juice in a small bowl.

6. To serve, spoon the lime mixture over the eggplant. Pile on the onion mixture and dollop with yogurt. Top with tomatoes and parsley.

SERVES 4: 1 eggplant half & about ½ cup topping each

Cal 231 Fat 12g (sat 2g) Chol 4mg Carbs 28g Total sugars 14g (added 0g) Protein 6g Fiber 10g Sodium 325mg Potassium 867mg.

Baharat Spice Blend

ACTIVE: 5 min TOTAL: 5 min

TO MAKE AHEAD: Store airtight for up to 1 month.

Mix 1 Tbsp. ground pepper 2 tsp. each ground cinnamon coriander and cumin ½ tsp. paprika ¼ tsp. ground cardamom and ⅛ tsp. each ground cloves and nutmeg in a small bowl.

MAKES: 3½ Tbsp.

BAHARAT SPICE BLEND BY ADAM DOLGE

Get Schooled

Fun facts about spices. Who knew cinnamon grows on trees?

You likely know that SAFFRON is the most expensive spice in the world, and here's why: It's the stigma of a fall-blooming crocus flower, and each tiny blossom has only three, so it takes 4,500 flowers to make just 1 ounce of saffron. And did we mention those delicate stigmas must be plucked by hand?

WASABI ROOT doesn't release its eye-watering heat until you grate or cut into it, breaking down its cell walls. It's a clever bit of self-defense the plant evolved: any critters who tried sinking their teeth into it would give up quickly.

It's a good thing most recipes use NUTMEG sparingly. It contains a chemical compound called myristicin that can make you feel high (and very sick) in large amounts. Just 2 tsp. could send you to the hospital. MACE comes from the same plant—it's made by drying and grinding the membrane that covers the nutmeg seed.

CINNAMON STICKS aren't really sticks—they're the inner layers of bark from a group of evergreen trees native to Sri Lanka, India and Myanmar. It's peeled off and left in the sun to dry, where it curls into that familiar shape.

What do cashews, mangoes, poison ivy and SUMAC—a spice used throughout the Mediterranean—all have in common? They're members of the same botanical family. The bold red drupes (stone fruit) from the flowering sumac plant get dried and crushed to produce this tart, tangy seasoning.

CLOCKWISE FROM TOP LEFT: JOE MCUBED; DANIEL FUNG, CIPRIAN23; MELINDA FAWVER; ANTHONY LANNERETONNE

Call in the Substitute!

You're knee-deep in a recipe when you discover that the spice you need is nearly gone. Rather than dash to the store, try swapping in something else. The flavors won't be identical, but unless the spice is the star of the show, it'll work just fine. Here are some good subs (for each teaspoon):

ALLSPICE
- ½ tsp. cinnamon + ½ tsp. ground cloves + a pinch of nutmeg (optional)

ANISEED
- 1 tsp. fennel *or* caraway seeds
- a dash of anise extract

CAYENNE
- 1 tsp. hot paprika, ancho chile powder *or* chili powder
- 1½ tsp. crushed red pepper
- a dash of hot sauce

CINNAMON
- ½ tsp. ground allspice, cardamom *or* nutmeg
- 1 tsp. apple pie spice *or* pumpkin pie spice

CUMIN
- 1 tsp. ground coriander *or* chili powder
- ½ tsp. ground caraway

GARLIC POWDER
- ½ tsp. granulated garlic

GINGER
- 1 Tbsp. grated fresh ginger
- 1 tsp. ground allspice, cardamom *or* pumpkin pie spice

MUSTARD POWDER
- 1 Tbsp. prepared mustard and remove 1 tsp. liquid from recipe

ONION POWDER
- 1 Tbsp. dried minced onion

PAPRIKA
- 1 tsp. ancho chile powder *or* chili powder
- a pinch of cayenne

Reap the Surprising Health Benefits

These 5 spices don t just taste good—research shows they also do your body good. By Karen Ansel M.S. RDN

GINGER Got migraines? This spice has been found to provide all-natural relief, according to a *Phytotherapy Research* study of 100 migraine sufferers. Volunteers who downed 250 mg (about ⅛ tsp.) of powdered ginger reported similar headache relief as those who popped 50 mg of the prescription medication sumatriptan (Imitrex), without any of the drug-related side effects, such as dizziness, spaciness and heartburn.

BLACK PEPPERCORNS Piperine, a naturally occurring compound that gives peppercorns their kick, may reduce the risk of certain cancers, including those of the breast, lung, prostate, ovaries and digestive tract, according to a 2019 *Applied Sciences* review. There are several mechanisms at play, but one of the key benefits of piperine is that it can trigger apoptosis, a biochemical process that tells cells to self-destruct before they have the chance to grow out of control and form tumors.

TURMERIC This root is a rich source of curcumin, a compound that has been shown to guard against type 2 diabetes by regulating the body's balance of adipokines, a family of hormone-like substances that regulate blood sugar. Curcumin can also help combat pain, inflammation and metabolic syndrome.

Scan with your phone s camera for this turmeric tonic recipe.

CINNAMON Cutting salt isn't the only path to lower blood pressure. A 2020 *Critical Reviews in Food Science and Nutrition* meta-analysis reported that consuming 2 g of ground cinnamon daily (about ¾ tsp.) lowered blood pressure by an average of 7.2/2.8 mmHg, similar to effects from low-dose meds. This spice doesn't work its magic overnight; the best results came from studies lasting at least 3 months. Experts aren't sure how cinnamon controls blood pressure, but they suspect that it may open blood vessels, improving blood flow to the heart, so it doesn't have to work as hard. (Bonus: It also helps reduce blood sugar.)

CAYENNE PEPPER Even in small amounts, the cinnamic acid in this fiery chile powder can kill foodborne pathogens, such as *Listeria* and *Salmonella*, according to a study in the *Journal of Complementary and Integrative Medicine.* Cayenne also delivers capsidiol, a plant chemical that protects against *H. pylori* the most frequent cause of stomach ulcers.

Make Your Own Masala

This spice blend is Padma s riff on an Indian street-food blend called chaat masala. It adds instant umami and heat to dishes: mix it into plain yogurt for a quick dip or stir into lemonade for an Indian twist. Padma likes to sprinkle it on fresh fruit for a sweet-savory-spicy zing.

Indian Summer Masala

ACTIVE: 5 min **TOTAL:** 5 min

TO MAKE AHEAD: Store airtight for up to 3 months.

EQUIPMENT: Clean spice grinder

Toast 2 Tbsp. **cumin seeds** 1 Tbsp. **coriander seeds** and 1 tsp. **whole black peppercorns** in a dry skillet over medium-high heat just until fragrant and slightly darkened, 1 to 2 minutes. Immediately remove from heat. Transfer to a clean spice grinder or mortar and pestle along with 1 Tbsp. **amchoor** (green mango powder) and 1 tsp. each **Kashmiri (or mild) chile powder** and **pink Himalayan salt** grind to a powder.

MAKES: 5¼ Tbsp.

Treat Yourself

Padma's a fan of these luscious dark chocolate bars that incorporate spices based on the principles of Ayurveda, Indian holistic medicine. Made with raw cacao and honey and infused with turmeric, black pepper, ginger, saffron or cardamom, they have the indulgent, creamy texture of truffles without any dairy—and have just 5 grams of sugar per serving. ($7/bar, *elementstruffles.com*)

THIS PAGE & PAGE 99: RYAN LIEBE STYLING: JUDY KIM (FOOD) PAIGE HICKS (PROPS) ILLUSTRATION BY CLAIRE HARRUP

		CALORIES	CARBS (G)	ADDED SUGARS (G)	PROTEIN (G)	FIBER (G)	SODIUM (MG)	POTASSIUM (MG)	CALCIUM (% DV)	FOLATE (% DV)	IRON (% DV)	VITAMIN A (% DV)	VITAMIN B_{12} (% DV)	VITAMIN C (% DV)	45 MINUTES OR LESS	GLUTEN-FREE	HEART-HEALTHY	LOW-CAL	VEGAN	VEGETARIAN
Breakfast																				
54	Almond Butter & Roasted Grape Toast	219	28	0	7	4	137	324							■		■	■	■	■
54	Cashew Butter & Clementine Toast	201	25	0	6	4	147	262						40	■		■	■	■	■
75	Gingerbread Waffles with Caramelized Squash	555	69	14	9	7	688	771	35	31	22	300	39	33					■	■
54	Peanut Butter & Pomegranate Toast	210	22	0	8	5	153	162							■		■	■	■	■
54	Pecan Butter & Pear Toast	209	25	0	5	6	100	146							■		■	■	■	■
Beverages																				
48	Apple Brandy Old Fashioned	148	5	4	0	0	1	15							■	■			■	■
48	Apple-Ginger Mocktail Mule	113	29	12	0	0	15	20							■	■			■	■
48	Orchard 75	195	5	0	0	0	3	57							■	■			■	■
Salads & Sides																				
77	Barbecue Cauliflower Bites	117	26	5	6	3	394	233						33					■	■
93	Gat Kimchi (Mustard-Green Kimchi)	14	2	0	1	2	79	178				28		41		■		■	■	■
67	Moros y Christianos (Black Beans & Rice)	248	41	0	10	3	349	121								■				
41	Roasted Brussels Sprouts with Cider Vinaigrette	244	26	2	7	8	285	717		27		23		146	■	■			■	■
41	Roasted Grape & Radicchio Salad	141	12	2	3	1	257	187							■	■		■		■
92	Sagwa Chamoe Saelleodeu (Melon Salad)	117	16	0	1	1	338	396						35	■	■		■		■
92	Siraegi Guk (Radish-Top Soup)	115	17	0	9	3	851	180							■	■		■		
44	Yogurt Rice	199	27	0	5	2	196	235							■	■		■		■
64	Yuca con Mojo	277	46	0	2	2	237	352						33	■	■	■		■	■
Vegetarian & Vegan																				
99	Baharat Spiced Eggplant	231	28	0	6	10	325	867		21				29		■		■		■
76	Cajun "Sucka-free-tash"	237	36	0	6	7	532	369			22	88		98	■	■		■	■	■
35	Coconut Curry Squash Soup with Spiced Seeds	432	48	0	14	11	469	889			23	414		42	■	■		■	■	■
81	Daal Tarka (Spiced Lentils)	382	46	0	14	10	467	886		33	30	63		22	■	■		■		■
83	Ful Medames (Stewed Fava Beans)	353	51	0	22	21	540	1,096		99	33	92				■	■	■		■
95	Gat Kimchi Bokkeum Bap (Mustard-Green Kimchi Fried Rice)	563	57	0	14	5	371	443							■	■	■	■		■
76	Mango, Beet & Avocado Tartare with Plantain Chips	535	58	2	5	12	445	1,207		54		50		101	■	■			■	■
42	Mushroom French Dip	402	43	0	16	8	649	925		20					■			■		■
36	Tomato Ricotta Tart	438	40	1	14	4	535	479				30		31				■		■
77	Walnut Tacos	656	63	0	19	15	550	704		25	22	59			■	■			■	■
38	White Bean & Sun-Dried Tomato Gnocchi	437	69	0	14	8	651	481			21	60		32	■			■		■
Chicken																				
40	Chicken a la Nueces de la India (Chicken with Creamy Cashew Sauce)	400	21	6	30	2	361	602							■					
34	Chicken Riggies	534	60	0	38	10	536	1,316			37	61		71	■					
84	Ono Kao Sweh (Coconut Chicken Noodle Soup)	432	42	0	30	3	554	364			23				■					
30	Orange-Ginger Chicken Bowls	485	45	2	30	5	654	695					29	26	■	■				
43	Skillet Chicken with Lemon & Cherries	376	23	13	27	1	506	410					35			■				
Fish & Seafood																				
83	Ebi Yakisoba (Stir-Fried Noodles with Shrimp & Vegetables)	304	37	4	17	5	600	412				64		64	■					
46	Salmon with Smoky Mayo & Quinoa Pilaf	483	29	0	36	5	400	776		22		37	202		■		■	■		
Beef, Pork & Lamb																				
92	Gat Kimchi Mandoo (Mustard-Green Kimchi Dumplings)	410	32	0	19	2	692	423					23	27				■		
84	Lamb Tibs	258	4	0	30	1	459	533					160		■	■		■		
63	Lechon Asado (Roast Pork)	315	2	0	22	0	242	348					35			■		■		
33	Padma's Beef Shawarma with Beet Yogurt Sauce	388	40	0	31	4	547	640			27		180							
64	Ropa Vieja (Shredded Beef Stew)	326	18	0	28	3	465	940			23	31	56	41		■		■		
39	Stuffed Pepper Soup	570	51	0	26	6	754	711			22	58	101	144		■		■		
64	Tostones Stuffed with Beef Picadillo	179	17	0	5	1	198	347								■		■		
91	Yeo Joo Ggori Tang (Oxtail & Bitter Melon Soup)	418	2	0	24	1	421	149						31		■				
Desserts																				
49	Apple Custard Cake	280	33	13	3	3	221	162									■			■
85	Baklava	153	12	8	2	1	31	52										■		■
67	Pastelitos de Guayaba (Guava Pastries)	226	41	23	3	2	119	4												■
77	Walnut Spice Cake with Butterscotch Pears	362	51	17	5	4	328	148											■	■
Spice Mixes																				
99	Baharat Spice Blend *(per ¾ tsp.)*	5	1	0	0	1	1	11							■	■	■	■	■	■
101	Indian Summer Masala *(per ¾ tsp.)*	5	1	0	0	0	38	18							■	■	■	■	■	■

Key to Column Labels
% Daily Value: Recipe provides 20% or more of the Daily Value (DV) of a nutrient for adults eating 2,000 calories/day.
45 Minutes or Less: A recipe's start-to-finish (total) time is 45 minutes or less.
Gluten-Free: No wheat, rye or barley.
Heart-Healthy: Limited saturated fat and sodium.
Low-Cal: Recipes are relatively low in calories.
Vegan: No animal products.
Vegetarian: Meatless (or meatless options listed first).

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Remaking the Marsh

Through growing and replanting a humble succulent that's also good to eat, Heron Farms aims to restore damaged salt marshes in South Carolina.

By Kelsey Ogletree Photo by Peter Frank Edwards

Sam Norton wades into a salt marsh lined with spartina grass in the Wadmalaw River south of Charleston.

THE SITUATION Healthy salt marshes help protect the mainland by slowing and absorbing storm surges while providing habitat for numerous species—including herons, crustaceans and butterflies, plus almost three-quarters of the seafood harvested in South Carolina. "If you've ever eaten anything out of the Atlantic Ocean, it either was spawned in a salt marsh or ate something that spawned there," says Sam Norton, who grew up on the barrier island Isle of Palms. But continued dredging to deepen Charleston Harbor to accommodate large shipping vessels has caused less ocean water to flow into the salt marshes, creating a more saline environment with weaker storm-protection power. As a grad student in the Master of Science in Environmental and Sustainability Studies program at the College of Charleston, Norton knew that a salt-tolerant plant called salicornia could help turn things around.

THE SOLUTION Commonly referred to as sea beans, salicornia can actually reduce the salinity of a marsh. Crunchy and salty, they're a trendy ingredient at Charleston restaurants, served over oysters at Delaney Oyster House and with crudo at Wild Olive. And it doesn't hurt that they're also packed with micronutrients and omega-3s. Norton figured he could grow sea beans hydroponically and sell them to area restaurants and consumers, then use the profits to plant them in marshes. He pitched his idea at two start-up competitions—and won. In 2020, Norton launched Heron Farms.

WHY IT S COOL For every pound sold, Norton replants 1 square foot of salt marsh with native species. And his project is already making a di erence: Soil samples show the salinity has already decreased in two of his three salt marsh restoration sites. "Sam's work is expanding how we think of sustainable agriculture in terms of the places we farm, and the ways that market economies can contribute to the sustainability of ecosystems," says Annette Watson, director of Norton's graduate program. "He's proving that we can dine our way toward our conservation goals."

Scan with your phone s camera for a lemony sea bean recipe.

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Sugar Free Toffee Nut Frappé

Blend together 1 Tbsp. Torani Sugar Free Toffee Nut Syrup, 6 Tbsp. nonfat milk, 2 shots chilled espresso & 2 cups ice until smooth. Top with sugar free whipped cream, if desired.

Iced Sugar Free Latte D'Amore

Mix 2 Tbsp. Torani Sugar Free Toffee Nut Syrup, 1 Tbsp. Sugar Free Raspberry Syrup, 2 shots espresso* and 1 cup nonfat milk in a glass filled with ice.

** Can substitute ½ cup strong brewed coffee.*

Sugar Free Toffee Nut Cappuccino

Steam 1 Tbsp. Torani Sugar Free Toffee Nut Syrup and ½ cup nonfat milk together. Pour into a cup and add 2 shots of espresso*. Spoon a thin layer of foamed milk over top of beverage.

** Can substitute ½ cup strong brewed coffee.*

Sugar Free Toffee Nut Creamer

Mix ¼ cup Torani Sugar Free Toffee Nut Syrup into 1 pint fat-free half and half. Stir into your favorite coffee, hot or cold.

Skinny Toffee Nut Martini

Combine 2 Tbsp. Torani Sugar Free Toffee Nut Syrup, 2 Tbsp. vodka and 4 Tbsp. fat-free half and half in a shaker glass filled with ice. Shake until blended and strain into a martini glass. Top with sugar free whipped cream and a few toasted slivered almonds, if desired.

Chocolate Toffee Nut Protein Shake

Combine 3 Tbsp. Torani Sugar Free Toffee Nut Syrup, 2 scoops of chocolate protein powder, ¾ cup unsweetened almond milk and 1 Tbsp. sugar free chocolate pudding mix and blend until smooth.

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